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## Food Introduction Record

(This list is intended as a general guideline only as family food types vary)

<u>Age and Food Type</u>	<u>Date Offered</u>	<u>Reaction</u>
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### Six Months

Apples (mild varieties)  
Banana's  
Pears  
Acorn squash  
Butternut squash  
Sweet potatoes  
Rice  
Oats  
Barley  
Other:

### Seven Months

Peaches  
Plums  
Pea's  
String (green) beans  
Barley  
Other:

### Eight Months

Apricots  
Prunes  
Blueberries  
Raspberries  
Yellow (summer) squash  
Zucchini  
Potatoes  
Yogurt  
Brown rice  
Buckwheat  
Bread/bagels  
Chicken  
Turkey  
Other:

### **Nine Months**

Papaya's  
Avocado's  
Asparagus  
Ricotta Cheese  
Cottage cheese  
Teething biscuits  
Beef

### **Ten Months**

Nectarines  
Kiwi  
Broccoli  
Beets  
Spinach  
Mild Cheeses  
Egg-free pasta  
Liver (beef or chicken)  
Lamb  
Veal

### **Twelve Months**

Cantaloupe  
Melons  
Pineapple  
Strawberries  
Artichokes  
Sweet bell pepper  
Cauliflower  
Cucumber  
Onion  
Tomatoes  
Corn  
Whole milk  
Sour Cream  
Ice cream  
Whole milk  
Pasta  
Grits  
Wheat  
Pork  
Fish  
Tofu  
Eggs

\*Most common foods for allergic reaction include eggs, strawberries, wheat, corn, peanuts and tomatoes. If a baby appears to have a food reaction, wait a month before offering a tiny amount of it again. It's also a good idea to let your pediatrician know as well (non-emergent unless severe). In addition, if there is a family history of food allergies, be sure to discuss this with the pediatrician.