

A food from each category is a great start for meals!

BABY'S FIRST FOODS

Add new foods often, check texture recommendations below!

A STARTER GUIDE FOR NEW PARENTS

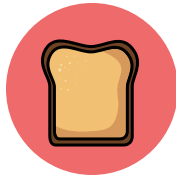
HIGH CALORIE FOODS



Fatty Fish
(Salmon, Tuna)



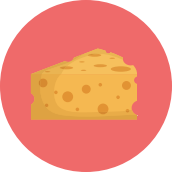
Avocados



Peanut Butter
on Toast



Chopped
Olives



Grated
Cheese



Cook with Oil
and Butter

HIGH IRON/CALCIUM FOODS



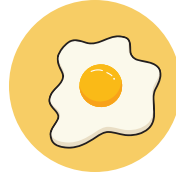
Any Kind of
Meat



Beans



Lentils



Boiled or
Scrambled
Eggs



Whole Fat
Plain Greek
Yogurt



Whole Fat
Cottage
Cheese

FRUITS AND VEGETABLES



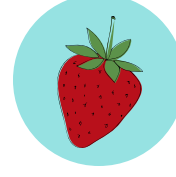
Steamed
Carrots



Steamed Sweet
Potatoes



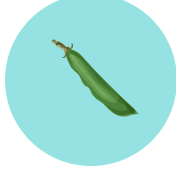
Tomatoes



Strawberries



Steamed
Squash



Steamed
Green Beans

PORTION

Serve baby 3-4 foods at a time to start with, provide more if still hungry. While nutrients are important, baby is unlikely to eat more than a few tablespoons at a meal.

TEXTURE

Until baby has had a little practice, stick with foods that can be easily smushed between two fingers or between your tongue and the roof of your mouth.

SIZE

Cut to finger width and about 1.5x the length of baby's fist (enough to grasp and still have some to nibble on). Cut round foods in half or quarters to prevent choking.

CHOKING

Do not be alarmed if baby gags! Educate yourself of the difference between gagging and choking to help yourself remain calm.