



A WELLSPRING OF NATURAL HEALTH, INC.

Person-Centered Health Care • Natural Medicine for the Whole Family

Infant Food Introduction Schedule

AGE: 4 - 5 MONTHS

Introduce

ripe bananas, avocado, papaya, mango, sweet potatoes, and/or yogurt; all foods should be thoroughly mashed or pureed

Amounts

single food per meal, one meal per day; breastfeeding main source of food

AGE: 5 - 6 ½ MONTHS

Introduce

grains (rice, barley, millet), vegetables (peas, lima beans, green beans, squash), more fruits; all foods should be thoroughly mashed

Amounts

one or two foods at a meal, two meals a day, juice for a snack once a day; breastfeeding still major source of food

AGE : 6 ½ - 8 MONTHS

Introduce

egg yolks, stronger vegetables (cabbage, spinach, kale, collard greens)

Amounts

two to three meals a day, or two meals and finger food snacks; breastfeeding at least twice a day

AGE: 8 - 9 MONTHS

Introduce

legumes, nut and seed pastes, and any other vegetables, fruits or grains that have not been introduced previously. Meals can be in a less pureed form, but there should be no large or hard chunks. Finger food can be chunkier.

Amounts

three meals a day plus finger foodsnacks; breastfeeding twice a day, especially if no milk products are being given at meals.

Note: Opinions vary as to when citrus fruits should be introduced; usually somewhere between 7 months and 1 year.

From "Vegetarian Baby," Yntema, p. 160



The following schedule for introducing solid foods to the breast fed infant has been compiled from many naturopathic physicians who work with infants and children. Most physicians suggest avoiding common allergens such as cow's milk, wheat, oranges, eggs and chocolate early in the introductory phase (up to the first year). It is best to introduce one food at a time; preferably one every two to four days while observing for reactions: sneezing, runny nose, rash: circumoral or perianal, a change in stool or personality.

Non-allergenic foods should be rotated every five to six days to minimize sensitization which may occur when the same foods are eaten once or twice daily for five to seven consecutive days.

AGE: 6 MONTHS

Introduce

hypoallergenic pureed, mashed foods containing iron

carrots	sprouts (blended in water)	pears
blackberries	cauliflower	cherries
kiwi	Jerusalem artichoke	banana
zucchini squash	blueberries	grapes
broccoli	prunes	peaches
yams	apricots	applesauce

AGE: 9 MONTHS

Introduce

foods high in zinc and good for the immune system

sweet potato	lima beans	split pea soup
cabbage	string beans	millet
oatmeal	nectarines	artichoke
papaya	potato	peas
apples	black strap molasses	basmati rice

AGE: 12 MONTHS

Introduce

foods high in zinc and bulk

acorn squash	asparagus	onions
barley	avocado	garlic
chard	egg yolk	spirulina
yogurt	goat's milk	honey
parsnips	rice	



AGE: 18 MONTHS

Introduce

foods high in B vitamins and calcium

tahini
rutabaga
beans
lamb

green leafy vegetables
buckwheat
fish
eggplant

rye
chicken
beets
kelp

AGE: 21 MONTHS

Introduce

foods high in protein

egg
almond butter
wheat
turkey

cashew butter
brewer's yeast
beef's liver
pineapple

walnuts
cow's milk
oranges
lentils

AGE: 2-3 YEARS

Introduce

foods high in protein

sunflower seeds
cottage cheese
peanut butter
clams