



HAPPY BABY™

fresh frozen organic
baby meals

THINK OUTSIDE THE JAR™

MONTH-BY-MONTH GUIDE TO NEW FOODS

Use this guide to see which foods to add at every age.

AGE	CEREAL/ GRAINS TO INTRODUCE	FRUITS TO INTRODUCE	VEGETABLES TO INTRODUCE	PROTEIN FOODS TO INTRODUCE
4–6 months Start with puréed, strained foods	Rice cereal Barley cereal Oatmeal Rice (Puréed)	Peaches Pears Apples Banana Apricots Plums/Prunes	Peas Green Beans Winter Squash Sweet Potatoes Carrots Summer Squash Avocado	None
7–9 months Add coarsely mashed or finely chopped foods	Mixed Grain* Wheat cereal* Other cooked grains (quinoa, barley) May be ready for dry “O” type cereal, bits of soft breads	Mango Pineapple Papaya	Spinach Broccoli Cauliflower Cucumber	Yogurt* (plain, whole milk) Egg yolk, mashed Pureed or finely ground chicken, turkey, beef, lamb, or pork Beans, mashed Lentils, mashed
8–12 months Add more finger foods	Finger foods including teething crackers or biscuits, dry “O” type cereal, soft cooked pasta*	Finger foods including small pieces of soft fruit like banana, ripe pear, cooked apple and cooked peach (skins removed)	Finger foods including small pieces of soft cooked vegetables, skins removed	Cottage Cheese* Soft, mild cheeses* Tofu*

Avoid these choking hazards until age 2 or older: nuts, seeds, popcorn, snack chips, pretzels, raw carrots, raisins, whole grapes, hot dogs or sausage links, hard candy, chewing gum, marshmallows, jelly candies, large chunks of meat or other tough foods. Also note that certain finger foods like teething biscuits and crackers may break off into large pieces in Baby’s mouth, making them a choking risk. Always closely supervise Baby when eating any food, whether it is a known choking risk or not.

* If you have strong family history of food allergies, ask your pediatrician when to introduce the following foods: Wheat, milk, eggs, soy, fish, shellfish, nuts, peanuts

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