























# Feeding Baby First Foods

Circle the foods that have already been introduced

## First Foods - 6 Months

 Avocado	 Bananas	 Barley	 Brown rice cereal	 Oatmeal
 Squash, acorn	 Squash, Butternut	 Sweet potato/yams		

## Second Foods - 6 – 8 Months

 Apples	 Apricots	 Carrots	 Green Beans	 Mangos
 Nectarines	 Peaches	 Pears	 Peas	 Plums
 Prunes	 Pumpkin	 Squash, Yellow	 Zucchini	

