

Solid Food Chart by Age

Age	Cereal/Grains	Fruit	Vegetables	Protein	Dairy
4-5 Months	Rice, Oatmeal, Barley	Apples, Avocado, Bananas, Pears	Green beans, Squash, Sweet Potatoes	N/A	N/A
6 Months	<i>same as above</i>	Apricots, Mangos, Peaches, Plums, Prunes	Carrots, Peas, Zucchini	N/A	N/A
7-8 Months	Cheerios, Puffs, Bagel, Rice	Blueberries, Cherries, Cranberries	Asparagus, Broccoli, Cauliflower, Potatoes, Mushrooms	Chicken, Turkey, Lamb, Egg Yolk, Tofu	Whole milk yogurt
9 Months	Crackers, Pasta, Wheat Bulgar, Quinoa	Cantaloupe/Melons, Mashed Grapes, Kiwi	<i>same as above</i>	Beans, Lentils, Beef, Pork	Cheese, Cottage Cheese
10-12 Months	<i>same as above</i>	Citrus, Grapes (cut up)	Artichokes, Beets, Corn, Spinich	Fish	<i>same as above</i>
12 + Months	<i>same as above</i>	Strawberries	<i>same as above</i>	Nuts, Peanut Butter, Shellfish	Whole Milk