

# Introducing Baby Food: Sample Schedule

**4-8  
months**

Oatmeal  
Peas  
Green beans  
Brown rice  
Avocado  
Pears  
Peaches  
Peanut butter

Sweet potato  
Banana  
Applesauce  
Butternut squash  
Pumpkin  
Carrots  
Quinoa  
Barley

**6-10  
months**

Broccoli  
Zucchini  
Black beans  
Edamame  
Chicken  
Cottage cheese  
Mango  
Turkey  
Cheese (cheddar, mozzarella, etc.)

Parsnips  
Yellow squash  
Asparagus  
Blueberries  
Chick peas  
Greek yogurt  
Egg yolks  
Lentils

**9-12  
months**

Spinach  
Corn  
Beets  
Pork  
Red meat

Kale  
Tomatoes  
Cauliflower  
Eggplant  
Citrus

  
**FAMILY FOOD**  
ON THE TABLE

[www.familyfoodonthetable.com](http://www.familyfoodonthetable.com)