

INTRODUCING SOLID FOODS SCHEDULE

The following schedule for introducing solid foods to a breast fed infant has been compiled of input from numerous Naturopaths who work extensively 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 new food at a time; preferably one every two to four days while observing for reactions, i.e. sneezing, runny nose, rash around the mouth, anus or urethra, a change in stool or personality. Non-allergenic foods should be rotated every five to six days to minimize sensitization that may occur when the same foods are eaten once or twice daily for five to seven consecutive days.

6 months: Hypoallergenic pureed, mashed foods containing iron; 1-2 tbsp/day

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

9 months: Foods high in zinc and good for the immune system; 2-4 tbsp/day

sweet potatoe	blueberries	black strap molasses
papaya	nectarines	lima beans
string beans	split pea soup	potatoe
cabbage	oatmeal	millet

12 months: Foods high in zinc and bulk; 4-10 tbsp/day

acorn squash	barley	chard
tofu	yogurt	parsnips
asparagus	avocado	egg yolk
goats milk	rice	

18 months: Foods high in B vitamins and calcium

tahini	lamb	greens
kelp	eggplant	rye
beets & greens	chicken	rhutabaga
beans	fish	buckwheat

21 months: Foods high in protein

egg	almond butter	turkey
walnuts	Cornish hen	beef liver
cashew butter	pineapple	wheat
brewer's yeast	oranges	cow's milk

2-3 years old:

sunflower seeds	cottage cheese	lamb liver
-----------------	----------------	------------

Dr. Ingrid Pincott ND
#300 – 1170 Shoppers Row
Campbell River, BC, V9W 2C8
(250)286-3655 (800)898-6699

peanut butter
ducks

clams
lentils

soy