

GREEN MONKEY™

BABY FOOD CHART TO 12 MONTHS OLD

	From around 6 months Please get advice before starting solids	7 - 9 months Encourage soft and lumpier foods	9-12 months experience family food + encourage self feeding	Foods to avoid
Breast Milk	On demand (8 to 12 feeds per day)	Feeds begin to decrease as baby begins to eat more solid food (4 to 6 feeds per day)	Feeds begin to decrease as baby begins to eat more solid food	WARNING - If there is a family history of dairy, fish, egg allergy, delay until after 12 months and if there is a history of peanut allergy delay until after 3 years
Formula	Every 2-3 hours (6-8 feeds per day)	Formula decreases to 3 to 5 bottles per day (500-600mls)	Drinking from a cup should be encourage (500-600mls)	
Grains	Rice Cereal, plain rice cakes and rice crackers	Oats, baby muesli, smooth bread, pasta and rusks	Muffins, pikelets	Foods should be gluten free until 6 months of age - gluten is found in wheat, rye, oats & barley.* High Fibre, pastries and sweet baked products should be avoided.
Vegetables	Peeled, cooked and pureed root vegetables: kumara, potato, pumpkin, carrot (and combinations)	Peeled, cooked and pureed vegetables: broccoli, courgette (zucchini), spinach, cauliflower (and combinations)	Cooked and pureed/mashed vegetables: green beans, creamed corn, parsnip, asparagus, button mushrooms, leek cabbage (and combinations)	
Fruit	Peeled, cooked and pureed fruit: pear, apple Mashed raw fruit: pawpaw/papaya, avocado, banana (and combinations)	Peeled, cooked and pureed fruit: apple and prune, canned fruit in juice (drained) Pureed apricots, peaches raw fruit: mango, mandarin, orange (and combinations)	Raw Fruit: seedless grapes, blueberries Dried Fruit: sultanas etc	Fruit with small pips and seeds Strawberries
Dairy Food	Use baby's usual fluids (breast milk or formula) to make purees	Boiled cow's milk in food like custards, full cream yoghurts, cottage cheese	Cheese, milk puddings (rice pudding and sago)	Strong, rich cheeses (blue vein etc)
Meat + Chicken	None	Casseroled/minced/mashed meat: beef, lamb, pork and chicken	Tender strips of meat chicken	Sausages, salami - fatty processed meats
Lentils	None	Cooked and mashed lentils, beans, tofu	Baked Beans	
Eggs	None	Yolk only	Whole cooked eggs: omelette fritters, sandwiches	
Fish	None	White, thin boneless fish	Canned and drained fish	Battered - processed fish Shellfish
Seeds + Nuts	None	None	Smooth nuts paste: peanut, tahini	Whole nuts choking hazard!

* Although most babies can digest wheat - if you are concerned about allergy possibility, wait until after 1 year to introduce