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Please note that recommendations vary and you should ALWAYS check with your doctor before introducing new foods.

Foods marked with an asterisk * are common allergens and should be introduced with care after consulting with your pediatrician.

| | 4 to 6 months | 6 to 9 months | 10 to 12 months | 12 months+ |
|--------------------------|--|---|--|--|
| Fruit | <ul style="list-style-type: none"> ☺ banana ☺ pear ☺ avocado ☺ plum ☺ apple ☺ peach ☺ nectarine | same as 4 to 6 months PLUS: <ul style="list-style-type: none"> ☺ blueberry ☺ papaya ☺ melon ☺ apricot ☺ raisins and grapes (chopped or pureed) THEN <ul style="list-style-type: none"> ☺ kiwi fruit (8 months) | same as 6 to 9 months PLUS: <ul style="list-style-type: none"> ☺ mango ☺ pineapple | same as 10 to 12 months PLUS: <ul style="list-style-type: none"> ☺ citrus ☺ berries (including strawberries and raspberries but NOT including blueberries, which can be introduced earlier)* |
| Cereal and Grains | <ul style="list-style-type: none"> ☺ white rice ☺ brown rice | same as 4 to 6 months PLUS: <ul style="list-style-type: none"> ☺ wheat* ☺ wheat germ* ☺ rye ☺ barley ☺ oats ☺ quinoa ☺ pasta | | |

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| Veggies | <ul style="list-style-type: none"> ☺ sweet potato ☺ white potato ☺ carrots ☺ butternut squash ☺ pumpkin ☺ swede/rutabaga ☺ parsnip | <p>same as 4 to 6 months PLUS:</p> <ul style="list-style-type: none"> ☺ peas ☺ green beans ☺ zucchini or courgette ☺ bell pepper <p>THEN</p> <ul style="list-style-type: none"> ☺ broccoli ☺ eggplant ☺ cauliflower ☺ beets/beetroot ☺ lentils/dried beans ☺ onions ☺ asparagus ☺ turnips ☺ soy (inc tofu)* | <p>same as 6 to 9 months PLUS:</p> <ul style="list-style-type: none"> ☺ tomatoes ☺ spinach ☺ okra | <p>same as 10 to 12 months PLUS:</p> <ul style="list-style-type: none"> ☺ corn* |
| Dairy | <ul style="list-style-type: none"> ☺ yogurt/fromage frais (some pediatricians advise waiting until at least 6 months) | <p>same as 4 to 6 months PLUS:</p> <ul style="list-style-type: none"> ☺ cheese ☺ yogurt ☺ yogurt cheese | <p>same as 6 to 9 months</p> | <p>same as 10 to 12 months PLUS:</p> <ul style="list-style-type: none"> ☺ cow's milk (as a main drink) |
| Eggs | | <ul style="list-style-type: none"> ☺ cooked egg yolk ☺ cooked egg white (with caution)* | | |
| Fish | | <ul style="list-style-type: none"> ☺ white fish (eg cod, haddock, pollock) ☺ light tuna ☺ salmon ☺ sardines ☺ mackerel | | |
| Meat | | <ul style="list-style-type: none"> ☺ chicken ☺ beef ☺ pork ☺ lamb ☺ turkey | | |

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| Other | | <ul style="list-style-type: none">☺ aromatic spices☺ herbs☺ garlic☺ flax seeds (ground)☺ sesame seeds (ground)☺ mushrooms | | <ul style="list-style-type: none">☺ peanuts and peanut butter*☺ other nuts*☺ shellfish*☺ honey |
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