

# BABY'S FIRST YEAR FEEDING CHART

	4 - 6 MONTHS	6 - 9 MONTHS	9 - 12 MONTHS	12+ MONTHS
FRUITS	Apple, Avocado, Banana, Peach, Pear	Same as 4 - 6 months PLUS Blueberry, papaya, grapes, melon, kiwi	Same as 6 - 9 months PLUS Mango, Cherries, Coconut, Pineapple	Same as 9 - 12 months PLUS Citrus, Strawberries, Raspberries
VEGGIES	Green Beans, Sweet / White Potato, Carrots, Squash, Pumpkin	Same as 4 - 6 months PLUS Peas, Broccoli, Zucchini, Asparagus, Cauliflower, Beans, Onion, Bell Pepper	Same as 6 - 9 months PLUS Tomatoes, Spinach, Okra	Same as 9 - 12 months PLUS Corn
CEREAL & GRAINS	Brown / White Rice	Same as 4 - 6 months PLUS Quinoa, Barley, Oats, Pasta, Wheat	Same as 6 - 9 months	Same as 9 - 12 months
MEAT & DAIRY	Yogurt (some pediatrician will recommend waiting until 6 months)	Salmon, Sardines, Light tuna, White fish, Eggs, Beef, Pork, Lamb, Cheese, Turkey	Same as 6 - 9 months	Same as 9 - 12 months PLUS Milk as main beverage

# Feeding Guide For The First Year

**Chao Zhang**



## **Feeding Guide For The First Year:**

Delve into the emotional tapestry woven by in Experience **Feeding Guide For The First Year** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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