

# Feeding Chart Months 6-7

Single Foods to Introduce: carrots, green beans, spinach, zucchini, summer squash, white leeks, winter squash, sweet potatoes, russet potatoes, beets, pears, apples, stone fruits, bananas, mangos, plain whole milk yogurt. Introduce foods as purees, first mixed with a little breast milk or formula, then in pure form.

WEEK 1 : Food 1 (                    ) Food 2 (                    ) Food 3 (                    ) Food 4 (                    )

MON:

TUES:

WED:

THURS:

FRI:

SAT:

SUN:

WEEK 2 : Food 1 (                    ) Food 2 (                    ) Food 3 (                    ) Food 4 (                    )

MON:

TUES:

WED:

THURS:

FRI:

SAT:

SUN:

WEEK 3 : Food 1 (                    ) Food 2 (                    ) Food 3 (                    ) Food 4 (                    )

MON:

TUES:

WED:

THURS:

FRI:

SAT:

SUN:

WEEK 4 : Food 1 (                    ) Food 2 (                    ) Food 3 (                    ) Food 4 (                    )

MON:

TUES:

WED:

THURS:

FRI:

SAT:

SUN: