

Feeding Chart Months 7+

Single Foods to Introduce: avocados, broccoli, cauliflower, asparagus, parsnips, turnip, rutabaga, peas, kale, cabbage, onion, celery, celeriac, artichoke, fennel, eggplant, peppers, tomatoes, pineapple, blueberries, protein. Introduce as purees, first mixed with a little breast milk or formula, then in pure form. Continue with all the foods from month 6, create new combinations, use different cooking methods, like roasting. Slowly start offering foods with increased texture, and in the form of finger foods when ready.

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: