



## Introducing Solids

		6 to 7 months	8 to 9 months	10 to 12 months
<b>Food Recommendation</b>	Fruits	Banana Avocado Boiled apple/ pear Mango slices Papaya slices Honeydew slices Kiwi slices	Halved or quartered blueberries Halved or quartered raspberries Whole or thinly sliced strawberries Oranges	Banana Avocado Boiled apple/ pear Mango slices Papaya slices Honeydew slices Kiwi slices
	Vegs	Boiled broccoli, cauliflower Boiled Sweet potato Boiled small carrot Cooked green beans Thin sliced tomato	Steamed peas or cooked beans Green beans	Boiled broccoli, cauliflower Boiled Sweet potato Boiled small carrot Cooked green beans Thin sliced tomato Steamed peas or cooked beans Green beans



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<b>Food Recommendation</b>	Cereal/ Rice/ Wheat/ Grains	Rice Cereal Puree  Serve with spoon/ eat with hands	Whole grain O's cereal Whole wheat pasta	Spaghetti
	Meat/ seafood	Meat with big bone/ ribs (oven roasted chicken drumstick, salmon, cod fish)	Ground meat, meatballs	Baked fish, chicken, duck <u>meatballs</u> , cut into bite-sized pieces <u>Bite-sized baked chicken</u>
<b>Preparation</b>		Palmar grasp Slice with peel for handle Full piece	Pincer grasp Thin slices	Pincer grasp Small chunks
<b>When to complement with solids</b>		Breakfast and dinner	Breakfast, lunch, and dinner	Breakfast, lunch, snack and dinner
<b>Introduce water</b>				Boiled cool tap water in a open cup/ straw cup, avoid sippy cup