

Introduction of Solid Foods

The purpose of digestion is to break foods into non-allergenic simple sugars, amino acids and fatty acids. Babies are unable to do this efficiently until six months or so. Continue breast feeding up to one year if possible. The more mature the infant's digestive system is at the time of food introduction, the more likely they will be able to tolerate them. Foods should be introduced in small amounts, one at a time. New foods should not be given more than once every four days. Give only a bite the first time, increasing the amount with each feeding if no adverse effects are observed.

First foods: Carrots, squash, zucchini and asparagus.
Beans, spinach and peas should not be given till 12 months of age.
Tomato and corn should be withheld till 24 months.

Fruit: Raw fruit other than really ripe bananas, should not be introduced till 12 months of age. Cooked fruits may be tried at 9 months. Apples, peaches, berries and citrus fruits should be the last fruits introduced.
Pears, plums and apricots are the least sensitizing and best tolerated.

Grains/cereals: Rice or oat bran cereals, mixed with water or breast milk, may be the best grain to start the infant on at about 9 months of age. Wheat should not be given till 12 months of age. Use single foods, not mixtures.

Introduce one new food at a time, preferable every 4th day while observing any reactions such as sneezing, rash around the mouth, anus or urethra, change in stools or perhaps change in personality.

Six months: Hypoallergenic, pureed, mashed foods containing iron: 1-2 Tbsp per day: carrots, asparagus, squash, broccoli, cauliflower, artichoke, yam, zucchini, sprouts

Nine months: Foods high in zinc are good for the immune system: 2-4 Tbsp per day. Cook all fruits papaya, blueberries, nectarine, blackberries, prunes, cherries, banana (very ripe), grapes, kiwi, plums, pears, apricots, rice cereal, oatmeal, sweet potato, beets

Twelve months: Foods high in zinc and bulk, 4-10 Tbsp per day
acorn squash, cabbage, tofu, chard, parsnips, avocado, rice, quinoa, raw goat's milk, egg yolk, strong beans, split pea soup, peaches, apple sauce

Eighteen months: Foods high in B vitamins and calcium.
Tahini, kelp, eggplant, spinach, lamb, chicken (free range), rutabaga, beans, buckwheat, fish (white and not shellfish), spelt, teff, rye, barley

Twenty one months: Foods high in protein
Egg, almond butter, turkey, walnuts, cashew butter, pineapple, sesame seed, brewer's yeast, oranges, butter

Two to Three years:
Sunflower, cottage cheese, peanut butter, seeds, soy, duck, lentils, tomato, wheat, corn

Resist the temptation to give the baby table foods.