



Soaring Crane Natural Health Center

209 W Cedar Ave. Palmer, AK 99645. 907.745.3999. soaringcraneclinic.com

Introducing Solid Foods

The following is a guideline for introducing solid foods to your baby. It is important to begin with foods high in iron and carbohydrates, and easy on the baby's developing digestive and immune system.

It is important to introduce one new food at a time. Begin with one food and watch for any reactions, including but not limited to rashes, changes in bowel movements, changes in mood or behavior, redness around the anus, or stuffy nose. If there is no reaction after 4-7 days, another food can be introduced. If there is a reaction, discontinue the new food and wait until the symptoms are gone before trying any other new foods.

Do not introduce a new food if the baby is ill, has diarrhea, cramps or colic, or a skin or diaper rash. Common allergens should be avoided for the first year. These include cow's milk, wheat, citrus, eggs, peanuts, and chocolate.

Six Months:

Hypoallergenic, pureed or cooked mashed foods containing iron.
1-2 Tablespoons per day.

prune	carrots	blackberry	yam
cauliflower	apricot	sprouts (blend in water)	kiwi
pear	grapes	peach	cherry
artichoke	squash	broccoli	banana - ripe

Nine Months:

Foods high in zinc and supportive of the immune system
2-4 Tablespoons per day. Cook all fruits and thoroughly cook cereals.

apples	black beans	black strap molasses	avocado
blueberry	cabbage	lima beans	millet
oatmeal	papaya	potato	rice cereal
split pea soup	string bean	sweet potato	nectarine

Twelve Months:

Foods high in zinc and fiber. Thoroughly cook cereals
4-10 Tablespoons per day.

acorn squash	asparagus	barley	chard
lentils	parsnip	tofu	yogurt
egg yolk			

Eighteen Months:

Foods high in B vitamins and Calcium

beets	buckwheat	chicken	eggplant
fish	greens	kelp	lamb
rutabaga	rye	tahini	



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Twenty-one Months:

Foods high in protein.

beef
sunflower seeds
orange

cottage cheese
turkey
brewer's yeast

nut butter
beef liver
cornish hen

eggs
pineapple

After Twenty-Four Months:

tomato

corn

soy

wheat

duck

Adapted from:

Coping with Food Intolerances Fourth Edition, Dr. Dick Thom, DDS, ND, Sterling Publishing Company, New York. 2002. pp 87-91.

Naturopathic Pediatric Essentials Dr. Susan M. Roberts, ND., Healing Mountain Publishing, Wenatchee.2003 pp117-119.

If you have questions, please contact your health provider.