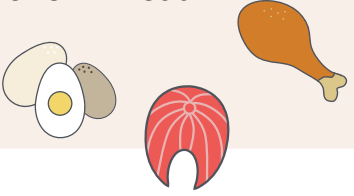
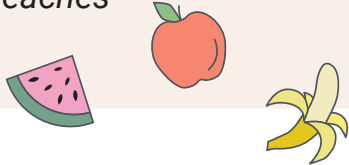



Best First Foods for Baby-Led Weaning

Protein	Fruit	Vegetables	Starches
<p>Cooked meat or poultry in large strips</p> <p>Meatballs</p> <p>Lentil or bean, smashed or in patty form</p> <p>Bone-in meat</p> 	<p>Ripe, soft fruits</p> <p>Cut into strips (mango) or small pieces (grapes)</p> <p>Skin on or off</p> <p><i>Examples: bananas, apples, pears, avocado, peaches</i></p> 	<p>Steamed, roasted, or boiled</p> <p>Cut into strips or offered whole</p> <p><i>Examples: Corn on the cob (kernels removed), broccoli, carrots, squash, potatoes, cucumbers.</i></p> 	<p>Bread sticks or strips (try pita bread or lightly toasted wheat bread)</p> <p>Plain cooked pasta</p> <p>Sticky rice</p> 