

Purées: A Schedule for the First Few Weeks

A few things to remember:

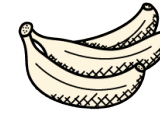
Start by offering solid foods just once daily, at a time that makes the most sense for your family schedule (i.e. breakfast, lunch, or dinner).

You can work up to offering solid foods 1-3 times per day as your baby shows interest, but they may not eat much (or any!) of what you offer. That is normal.

Don't worry about portions. Start with 1-2 spoonfuls of each food at a meal and offer the baby more if he or she is showing interest.

Week 1

Start simple. Choose 1-2 foods and let your baby get used to the process.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Puréed banana	Puréed banana	Puréed banana	Puréed sweet potato	Puréed sweet potato	Puréed sweet potato	Puréed sweet potato

Week 2

Pick new food groups to try. Start combining foods for new flavors and variety.

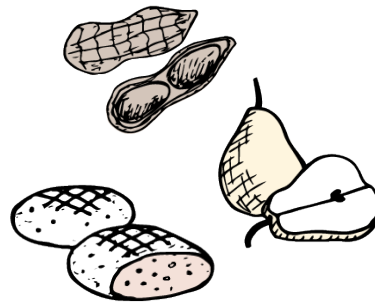


Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Infant oatmeal	Infant oatmeal	Infant oatmeal	Infant oatmeal mixed with banana	Puréed carrots	Puréed carrots	Purée of carrots and sweet potato

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Week 3

As long as baby is showing no signs of food allergy, you can start introducing a new food every day. You can also start incorporating some of the common food allergens, like peanuts and dairy. If baby is showing interest, feel free to offer solids 1-3 times per day.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Breakfast: Full fat plain yogurt</p> <p>Dinner: Puréed peas</p>	<p>Dinner: Puréed green beans</p>	<p>Breakfast: Infant oatmeal mixed with peanut butter</p> <p>Dinner: Puréed sweet potatoes</p>	<p>Breakfast: Infant oatmeal mixed with banana</p>	<p>Breakfast: Puréed pears</p> <p>Dinner: Purée of sweet potato and chicken</p>	<p>Breakfast: puréed apples mixed with yogurt</p>	<p>Breakfast: Infant multigrain cereal mixed with pears and banana</p> <p>Dinner: Purée of sweet potato, chicken and apples</p>

All options above can be store bought or homemade.

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Shopping List by Food Group

Puréed Fruits	Puréed Vegetables	Puréed Grains	Puréed Proteins
Bananas	Peas	Infant multigrain cereal	Chicken
Pears	Green beans	Infant oatmeal	Full fat, plain yogurt
Apples	sweet potatoes	Infant quinoa cereal	Avocado
Peaches	Carrots	Infant wheat cereal	Beef

