

Food Introduction Schedule For Infants

6 MONTHS FOODS

At 6 months, foods are introduced into the breast feeding regime. Several qualities are desirable: 1) Generally, hypoallergenic foods should be used; 2) Easy chewability; 3) reasonably iron-rich (but not high iron); 4) Adequate fiber and fluid levels for the health of the colon.

- a. Prunes: Fiber, Iron, Vitamin C, Fluid, Calcium
- b. Cherries: Fiber, Iron, Vitamin C, Fluid
- c. Banana: Potassium, Iron, Chewability
- d. Blackberry: Fiber, Iron, Vitamin C
- e. Carrot (cooked/mashed): Fiber, Carotenes, Calcium
- f. Mung Bean Sprouts (blended): Iron, Bulk
- g. Cauliflower (cooked/mashed/blended): Iron, Bulk, Calcium
- h. Applesauce: Pectin, Fluid, Fruit sugars
- i. Grapes: Vitamin C, Fluid, Fruit sugars
- j. Yam: Carbohydrates, Carotenes, Potassium
- k. Pears: Vitamin C, Fiber, Fruit Sugars
- l. Kiwi: Vitamin C, Fluid, Enzymes
- m. Green Peas: Iron, Fiber, Chlorophyll, Calcium

9 MONTHS FOODS

Substantial growth and maturation of tissues occur at 9 months. Iron and zinc foods are emphasized as well as maintaining hypoallergenicity in food choices. High bulk and fiber are encouraged for good intestinal health. The intestinal bacteria change as we add more foods from bifidobacterium bifidus to E. Coli to lactobacillus species. A high fiber diet encourages smooth transformation to these bacterial types. Introduce foods one at a time, watching for reactions such as diaper rash, behavioral changes, skin rashes, ear infections, runny nose, etc.

- a. Papaya: Vitamin C, Enzymes
- b. Oatmeal: Zinc, Protein, Fiber
- c. Lima Beans: Zinc, Protein
- d. Split Pea soup: Zinc, Protein
- e. Mashed Potatoes: Complex carbohydrates, Potassium
- f. Basmati Rice: Complex carbohydrates, Protein, Fiber

12 MONTHS FOODS

These foods are high in zinc, fiber, and complex carbohydrates. Again, watch for allergic or sensitivity reactions to foods, such as skin rashes, runny noses, behavioral changes, etc. Protein and Iron are also emphasized.

- a. Acorn Squash: Carbohydrates, fiber, Carotenoids
- b. Blackstrap Molasses: Iron, Magnesium
- c. Tofu: Protein
- d. Asparagus: Fiber, Protein, Vitamin A, Niacin, Potassium, Manganese
- e. Avocado: Monosaturated fats
- f. Barley: Carbohydrates, Phosphorous, Magnesium, Protein
- g. Spirulina: Protein, Chlorophyll
- h. Brown Rice: Carbohydrates, Protein, Fiber, B vitamins, Phosphorous, Potassium, Vitamin E
- i. Swiss Chard: Magnesium, Fiber, Calcium, Essential Fatty Acids, Zinc, Iron.
- j. Parsnips: Fiber, Vitamin A
- k. Goats Milk: Protein, Vitamin A, B vitamins, Potassium, Calcium, Zinc
- l. Yoghurt: Calcium, Beneficial Bacteria, Protein, B vitamins, Zinc
- m. Hubbard Squash: Carbohydrates, Protein, Carotenoids, Potassium,

18 MONTHS FOODS

These foods include food high in Protein. The molecular structures are getting more complex. These foods emphasize also calcium and B vitamins for growth.

- a. Tahini: Oils, Protein, Iron
- b. Kelp: Protein, Iodine and other trace minerals
- c. Beets and Beet Greens: Chlorophyll, Fiber, Liver aid, Iron
- d. Beans: Carbohydrates and Protein, Iron,
- e. Lamb: Protein, Iron, B vitamins, cholesterol for hormones
- f. Eggplant: Fiber, carbohydrates
- g. Chicken: Protein, B vitamins, Cholesterol for hormones
- h. Fish: Protein, Iron, Essential Fatty Acids
- i. Spaghetti Squash: Carbohydrates, Carotenoids
- j. Various Greens: Fiber, Calcium, EFA, Magnesium
- k. Rye: Carbohydrates, Protein, Fiber, Sodium
- l. Mushrooms: Immune Stimulant, Fiber, Copper, Zinc
- m. Rutabaga: Carbohydrates, Carotenoids, Fiber
- n. Buckwheat: Carbohydrates, Fiber, Rutin, B vitamins

21 MONTHS FOODS

At this stage, much growth is occurring. Here, we begin to fill out the Proteins so that the Protein foods can be rotated. EFA rich nuts are introduced as easy to eat nut butters.

- a. Egg: B-12, Protein, Lecithin, All Essential Amino Acids, Cholesterol
- b. Beef Liver: B vitamins, Iron
- c. Cashew Butter: Protein, EFA
- d. Almond Butter: Protein, EFA, Calcium
- e. Game Hen: Protein, B vitamins
- f. Salmon: Protein, EFA
- g. Oranges: Vitamin C and Bioflavinoids, Fiber
- h. Turkey: Protein, Cholesterol, B vitamins
- i. Pineapple: Vitamin C, digestive enzyme
- j. Brewer's Yeast: B complex Vitamins, Balances Blood Sugars
- k. Crushed Walnuts: EFA, Proteins
- l. Wheat (Sprouted/Esene): Enzymes, Carbohydrates, Proteins, Fiber, Magnesium, Selenium, Vitamin E.

24 MONTHS FOODS

This completes the list of foods. At this stage, any fruit or vegetable that has not appeared on the list may be added. As always watch for food reactions as these are some of the most reactive yet commonly eaten foods. Keep rotated grains and proteins in the diet.

- a. Sunflower Seeds
- b. Peanut Butter
- c. Lentils
- d. Duck
- e. Clams
- f. Cottage Cheese
- g. Soy
- h. Cheese
- i. Rabbit
- j. Pork Chops