



Rose ou Bleu suggests:

BABY'S FIRST FOOD CHART

In the past, parents were recommended to wait until babies had reached a certain age before introducing foods more likely to cause allergies (e.g., egg whites, fish, products containing peanuts).

We now know that delaying the introduction of these foods does not prevent allergies, even in children with a family history of allergies.

- Try for at least 3 days each new food. It is not necessary to have brought all the food of the same group before moving to the next ●

Grain products	<div><div><div>Fe</div><div>Iron-enriched baby cereals</div></div><div><div><input type="checkbox"/> Barley</div><div><input type="checkbox"/> Mixed (multigrain)</div><div><input type="checkbox"/> Oat</div><div><input type="checkbox"/> Rice</div><div><input type="checkbox"/> Soy</div></div></div>		<div><div><div>Other grain products</div><div><div><input type="checkbox"/> Barley</div><div><input type="checkbox"/> Chapati, naan bread, pita bread, tortillas</div><div><input type="checkbox"/> Couscous</div><div><input type="checkbox"/> Cream of wheat</div><div><input type="checkbox"/> Millet</div><div><input type="checkbox"/> Oatmeal</div></div><div><div><input type="checkbox"/> Pasta</div><div><input type="checkbox"/> Quinoa</div><div><input type="checkbox"/> Short grain sticky rice</div><div><input type="checkbox"/> Toasted bread</div><div><input type="checkbox"/> Unsalted crackers</div><div><input type="checkbox"/> Unsweetened oat ring cereal</div></div></div></div>		
Meat and alternatives	<div><div><div>Fe</div><div>Legumes</div></div><div><div><input type="checkbox"/> Chickpeas</div><div><input type="checkbox"/> Edamames (soy beans)</div><div><input type="checkbox"/> Lentils</div><div><input type="checkbox"/> White, black, or kidney beans</div></div></div>	<div><div><div>Fe</div><div>Fish</div></div><div><div><input type="checkbox"/> Brook trout and other trout</div><div><input type="checkbox"/> Cod</div><div><input type="checkbox"/> Haddock</div><div><input type="checkbox"/> Halibut</div><div><input type="checkbox"/> Salmon</div><div><input type="checkbox"/> Sole</div><div><input type="checkbox"/> Tilapia</div></div></div>	<div><div><div>Fe</div><div>Meat and poultry</div></div><div><div><input type="checkbox"/> Beef</div><div><input type="checkbox"/> Chicken</div><div><input type="checkbox"/> Lamb</div><div><input type="checkbox"/> Pork</div><div><input type="checkbox"/> Turkey</div><div><input type="checkbox"/> Veal</div></div></div>	<div><div><div>Smooth nut butters, plain</div><div><div><input type="checkbox"/> Almond butter</div><div><input type="checkbox"/> Peanut butter</div></div><div><div><div>Fe</div><div>Eggs</div></div><div></div><div><div><div>Fe</div><div>Tofu</div></div><div></div></div></div></div></div>	
Vegetables & fruits	<div><div><div>Vegetables</div><div><div><input type="checkbox"/> Asparagus</div><div><input type="checkbox"/> Avocados</div><div><input type="checkbox"/> Broccolis</div><div><input type="checkbox"/> Brussels sprouts</div><div><input type="checkbox"/> Carrots</div><div><input type="checkbox"/> Cauliflowers</div><div><input type="checkbox"/> Corns</div><div><input type="checkbox"/> Mushrooms</div><div><input type="checkbox"/> Onions</div></div><div><div><input type="checkbox"/> Peas (baby peas)</div><div><input type="checkbox"/> Peppers</div><div><input type="checkbox"/> Potatoes</div><div><input type="checkbox"/> Squashes</div><div><input type="checkbox"/> Sweet potatoes</div><div><input type="checkbox"/> Tomatoes</div><div><input type="checkbox"/> Turnips</div><div><input type="checkbox"/> Yellow and green beans</div><div><input type="checkbox"/> Zucchini</div></div></div></div>		<div><div><div>Fruits</div><div><div><input type="checkbox"/> Apricots</div><div><input type="checkbox"/> Apples</div><div><input type="checkbox"/> Bananas</div><div><input type="checkbox"/> Blackberries</div><div><input type="checkbox"/> Blueberries</div><div><input type="checkbox"/> Cantaloupe</div><div><input type="checkbox"/> Cherries</div><div><input type="checkbox"/> Clementines</div><div><input type="checkbox"/> Grapefruit</div></div><div><div><input type="checkbox"/> Grapes</div><div><input type="checkbox"/> Mangos</div><div><input type="checkbox"/> Melons</div><div><input type="checkbox"/> Oranges</div><div><input type="checkbox"/> Peaches</div><div><input type="checkbox"/> Pears</div><div><input type="checkbox"/> Plums, prunes</div><div><input type="checkbox"/> Raspberries</div><div><input type="checkbox"/> Strawberries</div></div></div></div>		
Milk & dairy products	<div><div><div>Fresh cheese</div><div><div><input type="checkbox"/> Cottage</div><div><input type="checkbox"/> Ricotta</div></div></div></div>	<div><div><div>Kefir</div><div></div></div></div>	<div><div><div>Mild hard cheese</div><div><div><input type="checkbox"/> Cheddar</div><div><input type="checkbox"/> Mozzarella</div></div></div></div>	<div><div><div>Plain yogourt</div><div></div></div></div>	<div><div><div>Can be introduced between 9 and 12 months</div><div><div><input type="checkbox"/> Pasteurized cow's milk or goat's milk (3.25% milk fat)</div></div></div></div>

Note : the foods in this table are presented in alphabetical order and not in order of introduction

Fe Between 6 months and 1 year, give iron-rich foods to your baby at least twice a day. After, serve some at each meal.

! Fruits and vegetables are rich in vitamin C, which helps the body absorb iron. Introduce them early into your baby's diet.

! Breast milk or infant formula will be your baby's main food during the first year of life. Foods can complement—but not replace—milk.

Storing baby food

Type of food	Vegetables & fruits	Meat, poultry, fish	Meat with vegetables
Refrigerator	2 to 3 days	1 to 2 days	1 to 2 days
Freezer	6 to 8 months	1 to 2 months	1 to 2 months

Remarque : do not refreeze thawed food.

● For more informations, refer to «From Tiny Tot to Toddler» 2015 ●