

10 Nutritious Baby Meals



TIPS:

- Focus on serving an energy-rich food (high in healthy fats or carbohydrates), a food high in iron, and a fruit or vegetable (vitamin C) at each meal
- Serve the top 9 allergens early and often. Introduce one allergen at a time. Once an allergen has been introduced, multiple allergens can be offered at a meal
- Offer adult-pinky sized food for babies with palmar grasp (~6-8 months) and chickpea sized food for babies with a pincer grasp (~9+ months)

- MEAL 1:**
- Avocado wedge
 - *Egg*
 - Smashed blueberries

- MEAL 2:**
- Chicken drumstick
 - Chickpea pasta
 - Tomato sauce

- MEAL 3:**
- Full-fat plain *yogurt* on numnum gootensil
 - Mango pit rolled in chia seeds

- MEAL 4:**
- Banana
 - *Almond butter* thinly spread on toast fingers
 - Smashed raspberries sprinkled on toast

- MEAL 5:**
- Pumpkin *pancake*
 - Plain coconut yogurt
 - Cantaloupe

- MEAL 6:**
- Sweet potato
 - *Salmon*
 - Asparagus

- MEAL 7:**
- Oatmeal made with breastmilk/formula on numnum gootensil
 - Kiwi rolled in ground flax seeds

- MEAL 8:**
- Else Iron Fortified Cereal
 - *Peanut butter* mixed into cereal and served on spoon
 - Pears

- MEAL 9:**
- *Shrimp* fritters
 - Whole *wheat* pasta
 - Tomato sauce

- MEAL 10:**
- Avocado
 - Well done steak
 - Roasted bell pepper

*Top allergens are noted in italics