

# Which-Foods-When

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Months	Fruits	Vegetables	Grains	Fats/Protein	Other
6-9	<p>An infant's digestive system is better served during this period by not offering raw fruit and vegetables too often. Alternatively, try steaming, stewing or baking then pureeing as often as you can. ORGANIC PRODUCE HIGHLY RECOMMENDED.</p> <p>Mango Stone Fruit: e.g. peaches, nectarines &amp; plums (stone &amp; skin removed) Pears Rockmelon Paw-Paw Kiwifruit</p>	<p>Zucchini Pumpkin Green Beans Squash Celery Mushrooms</p>	<p>Gluten-Free Grains, initially as a ground cereal, followed by flakes or grains.</p> <p>Including: -Brown Rice Cereal -Amaranth -Millet -Quinoa (low-gluten, closer to 9 months) -Sago -Tapioca</p>	<p>Avocado Olive Oil (small amts) Flaxseed Oil</p>	<p>These "OTHER" items are not nutritionally necessary, however you may wish to use these with baking.</p>
9-12	<p>Apples Bananas Berries Grapes Watermelon Dried Fruits e.g. Apricots and Figs (free of sulphur dioxide/220) Citrus Fruit</p> <p>All fruit and vegetables can also be juiced and diluted; 1/3 juice to 2/3 water/</p>	<p>Sweet Potato Carrot Broccoli Cucumber Peas and Snow Peas Lettuce Beetroot Spinach Parsley Sale, Collard Greens Cabbage Sea Vegetables - e.g. Hijiki, Nori, Wakame, Kelp Brussell Sprouts Cauliflower Asparagus Corn Leeks Eggplant, Capsicum, Tomato&amp;Potato (closer to 12 months)</p>	<p>Rice Puffs &amp; Rice Cakes Pastas made from the above gluten-free or gluten grains (additive-free)</p> <p><b>Gluten Grains including:</b> -Oats Barley Flakes -Brown Rice Flakes</p>	<p>Oils - Sesame, Walnut, Safflower and Macadamia Tofu Miso, Natto, Tempeh Nuts* - Walnuts, Almonds, Pecans and other tree nuts Seeds* - Sunflower, Pumpkin, and Sesame</p> <p><b>All nuts and seeds* can be crushed and added to meals or baking.</b></p> <p>Chicken and Turkey Beef and Lamb Some Beans (Adzuki, Chick Peas, Soy) Egg Yolk Organic GMF Soy Milk* (malt-free and GF) Soy Yoghurt* - home-made best option (additive free)</p>	<p>Unhulled Tahini Nut Butters Agave Syrup Molasses Golden Syrup Maple Syrup Rice or Soy Flour Pure Maize Cornflour (GF) Potato Flour/Starch Arrowroot Baking Powder (GF) Pure Icing Sugar (GF) Kuzu (oriental plant thickening agent)</p> <p><b>Oil Usage</b></p> <p><b>Dressings:</b> macadamia, flaxseed, olive and sesame oils.</p> <p><b>Baking:</b> butter and coconut oil(non-deodorized).</p>
12-18	<p>Strawberries</p>	<p>Garlic and Onion (in small amounts)</p>	<p>Basmati Rice Brown Rice <b>Wheatgerm</b> <b>Wheat Products</b> (in small amounts)</p>	<p>Fish (see EFAs) Egg Whites* Other Beans Lentils Other Pulses Goats Milk &amp; Yoghurt (more digestible) Organ Meats Parmesan &amp; Swiss Cheese Cow's Yoghurt, Cheddar</p> <p><b>If your family has sensitivity to wheat and dairy, your child will benefit from delaying these for longer and then keeping to a minimum. You may decide to avoid them altogether.</b></p>	<p><b>Frying:</b> olive oil (low temperatures), avocado and coconut oils (higher temperatures).</p> <p>Honey Brown &amp; Raw Sugar Sea Salt Spices</p>
8-24	<p>Diluted Commercial Fruit Juices</p>	<p>Raw Carrots (3yrs+)</p>	<p>White Rice</p>	<p>Shellfish* (3yrs+) Whole Nuts* (3yrs+)</p>	<p>White Sugar Popcorn (3yrs+)</p>

Between 6-12 months of age, babies are yet to develop proper digestive function, so keep foods plain and simple. Young babies do not display fussiness or boredom with foods like toddlers can, so do not rush to introduce too many foods. Remember to offer foods one at a time, with around a week between items.

Rather than starting your baby with a fruit (generally high in sugar), many nutritional books suggest a pureed vegetable. Other authors discuss the benefits of foods in their natural state, such as avocado. While classified as a fruit, avocado is low in sugar and rich in important oils and minerals, including iron and vitamins. Additional iron is important at this stage (when breast milk is becoming deficient) as it is needed to strengthen immunity and brain function.

You can begin by mixing avocado with breast milk. Avocado is easily digested and is a wonderful first food for your baby. These fruits are also easy to pack for outings. Rather than cutting your avocado down the middle, you may like to simply cut off the top third and scoop out the fruit this way. This also helps to keep the avocado fresh, and makes it easy to transport.

If avocados are not in season, move straight to a recommended vegetable.

### **PICK A VEGETABLE, AND THEN A FRUIT**

Growing babies need a variety of vitamins and minerals. It is therefore important to alternate between vegetables and fruits. You may like to start with pureed zucchini because of its high water content. Then pick a recommended fruit that is in season and then another vegetable.

We chose mango, initially mixing the mango (or next menu item) with the avocado. Alternatively, we would strip our baby's clothes off, place him in the sink and simply left him to devour the mango. Messy but delicious!

Between six and nine months continue to alternate between vegetables and fruit, following the applicable time frames as outlined in the [Which Foods When Chart](#).

Once you have introduced some of these fruits and vegetables you may like to combine items, for example, mixing avocado with pear or zucchini. Remember to prioritize produce that is in season.

An infant's digestive system is better served during this period by not offering too many raw fruits. Try steaming, stewing or baking then pureeing, as often as you can.

### **FRUITS OR VEGETABLES TO WITHHOLD**

- ✘ Avoid spinach, beetroot, carrots and collard greens (which are rich in nitrates) until after nine months. Nitrates can alter the ability of red blood cells to carry oxygen.
- ✘ Avoid potatoes, tomatoes, capsicums and eggplant (from the nightshade family) at this stage. They can be introduced at approximately 12 months. These plants contain natural toxins which may provoke gradual reactions. Sweet potato and corn are best delayed until ten months.
- ✘ Avoid apples, citrus and dried fruits before nine months
- ✘ Avoid bananas for a few more months as they are mucus-producing and can slow digestion, resulting in constipation.