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Introducing Solid Foods Schedule

It is generally recommended that the following foods be introduced into an infant's diet during certain periods of development. Introduction of foods during different times allows for proper gastrointestinal tract development as well as aiding in immune system development.

6 Months (foods high in iron)

Applesauce	Apricots	Bananas	Blackberries
Broccoli	Carrots	Cauliflower	Cherries
Grapes	Jerusalem Artichoke	Kiwi	Pears
Peaches	Prunes	Sprouts	Squash
Yams			

9 Months (foods high in Zinc)

Black strap molasses	Blueberries	Cabbage	Lima Beans
Millet	Nectarines	Oatmeal	Papaya
Potato	Split pea soup	String beans	Sweet potato

12 Months (foods high in Zinc & fiber)

Acorn Squash	Asparagus	Avocado	Barley
Chard	Egg yolk	Goats milk	Parsnips
Rice (brown)	Tofu		

18 Months (foods high in B Vitamins & Calcium)

Beans	Beet greens	Buckwheat	Chicken
Eggplant	Fish	Greens	Kelp
Lamb	Rutabaga	Rye	Tahini

21 Months (foods high in protein)

Almond butter	Beef liver	Brewers yeast	Cashew butter
Cornish hen	Cows milk (raw)	Egg	Oranges
Pineapple	Turkey	Walnuts	Wheat

2 to 3 Years

Clams	Cottage cheese	Duck	Lamb liver
Lentils	Peanut butter	Sunflower seeds	Soy