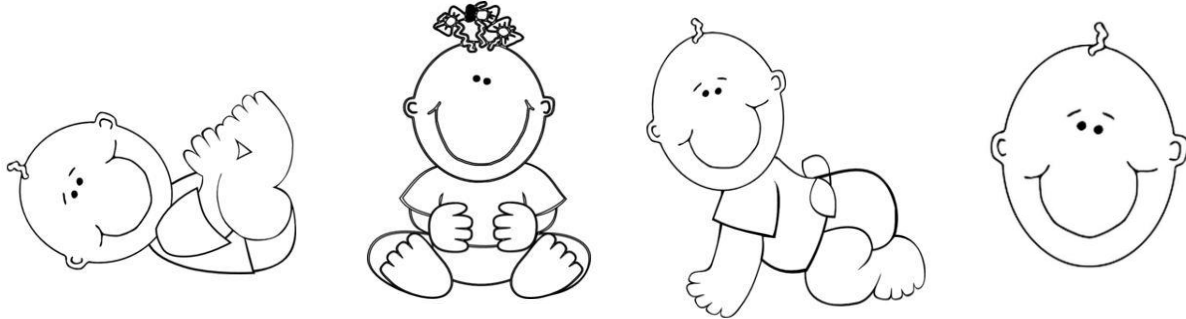


Timetable for Offering New Foods Name _____

Directions: Write the appropriate food in the age column for baby.



0-4 months	4-6 months	6-8 months	8-12 months

FOOD BANK

Dry toast
 Strained fruits
 Rice Cereal
 Formula
 Cooked vegetables
 Meat, finely cut
 Soup

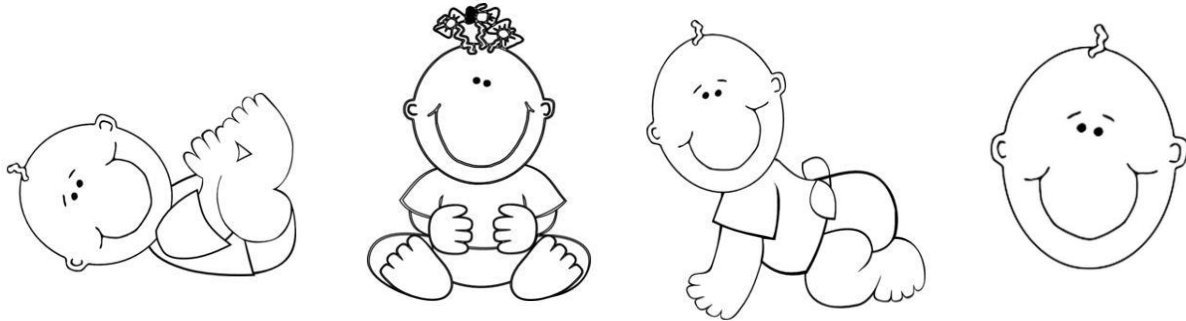
Crackers
 Cottage cheese
 Barely cereal
 Strained vegetables
 Soft, peeled fruit
 Plain Yogurt
 Breast milk

Mild cheese
 Oatmeal cereal
 Diluted fruit juice
 Cooked pasta
 Egg yolks
 Grilled cheese
 Strained meat

Timetable for Offering New Foods

TEACHER KEY

Directions: Write the appropriate food in the age column for baby.



0-4 months	4-6 months	6-8 months	8-12 months
Breast milk Formula	Rice Cereal Barely Cereal Oat Cereal	Diluted fruit juice Strained fruit Strained vegetables Strained meats Egg yolk Yogurt Cottage cheese	Cooked pasta Mild cheese Cooked vegetables Fruit, soft, peeled Bread Toast Crackers Soup Grilled cheese Meat, finely cut

FOOD BANK

Dry toast
 Strained fruits
 Rice Cereal
 Formula
 Cooked vegetables
 Meat, finely cut
 Soup

Crackers
 Cottage cheese
 Barely cereal
 Strained vegetables
 Soft, peeled fruit
 Plain Yogurt
 Breast milk

Mild cheese
 Oatmeal cereal
 Diluted fruit juice
 Cooked pasta
 Egg yolks
 Grilled cheese
 Strained meat