

CALENDAR OF FOOD INTRODUCTION

This calendar of food introduction is meant as a guide. Feel free to follow it, or mix it up, modifying it to go at your pace and for the purees you'd like to serve your little one. Want to start with apples instead of sweet potatoes? Do so!

This guide introduces a new food every 4 days. If you'd like to only introduce a new food every week because it's easier to remember, definitely do that.

The general rule is that you want to give the same food for 3 or 4 days to make sure your baby tolerates it before introducing something new.

Below is a sample food introduction calendar, showing how it might look after you've filled yours in; after that are two blank calendars. Use the blank calendars to fill in food introduction and any notes.

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Sweet Potato Puree	Sweet Potato Puree	Sweet Potato Puree	Sweet Potato Puree	Apple Puree	Apple Puree	Apple Puree
Apple Puree	Carrot Puree	Carrot Puree	Carrot Puree	Carrot Puree	Pear Puree	Pear Puree
Pear Puree	Pear Puree	Butternut or Acorn Squash Puree	Butternut or Acorn Squash Puree	Butternut or Acorn Squash Puree	Butternut or Acorn Squash Puree	Banana Puree
Banana Puree	Banana Puree	Banana Puree	Pumpkin Puree	Pumpkin Puree	Pumpkin Puree	Pumpkin Puree
Avocado Puree	Avocado Puree	Avocado Puree				

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Pea Puree	Pea Puree	Pea Puree	Pea Puree	Broccoli Puree	Broccoli Puree	Broccoli Puree
Broccoli Puree	Mango Puree	Mango Puree	Mango Puree	Mango Puree	Apple, Corn, and Sweet Potato Puree	Apple, Corn, and Sweet Potato Puree
Apple, Corn, and Sweet Potato Puree	Apple, Corn, and Sweet Potato Puree	Apricot, Winter Squash, and Banana Puree	Broccoli, Mango, and Zucchini Puree			
Broccoli, Mango, and Zucchini Puree	Broccoli, Mango, and Zucchini Puree	Broccoli, Mango, and Zucchini Puree	Bell Pepper and Sweet Potato Puree	Bell Pepper and Sweet Potato Puree	Bell Pepper and Sweet Potato Puree	Bell Pepper and Sweet Potato Puree
Mango, Pineapple, and Pumpkin Puree	Mango, Pineapple, and Pumpkin Puree	Mango, Pineapple, and Pumpkin Puree				

