

100+ Foods To Try Before Baby Turns One!

Try a variety of food and textures to:

- *Prevent picky eaters, USDA
- *Prevent allergies, LEAP Study
- *Build motor skills, USDA
- *Give babies the iron & zinc they need, USDA
from iron fortified infant cereal, meat/alternates, or cooked dry beans/peas

This institution is an equal opportunity provider.

Iron Fortified Infant Cereal¹	Barley
	Oatmeal
	Rice
	Wheat
	Mixed
¹ Infant cereal can be served in place of a meat alternate OR grain for infants.	

Beans & Peas²	Black Beans	Garbanzo Beans (Chickpeas)	Kidney Beans	Navy Beans
	Pinto Beans	Soy Beans (Edamame)	Black-Eyed Peas	Split Peas
	Lentils	¹ Beans and Peas can count as either a meat alternate OR vegetable , but NOT both in the same meal/snack.		

Meat/Meat Alternate (MEALS ONLY)	Beef	Chicken	Fish (unbreaded)	Pork
	Tuna	Cheddar Cheese	Colby Jack Cheese	Mozzarella Cheese
	Swiss Cheese	Cottage Cheese	Eggs	Lamb
	Salmon	Shrimp	Turkey	Yogurt

Grains (SNACKS ONLY)	Bagel	Biscuits	Bread	Bread Sticks, soft
	Corn Muffin	Crackers	Croissant	English Muffin
	Pancakes	Pita Bread/ Flat Bread	Pretzel, soft	Ready-to-Eat Breakfast Cereal
	Teething Biscuit	Corn Tortilla	Flour Tortilla	Waffles

Fruits	Apples	Apricots	Bananas ⁺ (mashed)	Blueberries*
	Cantaloupe	Cherries* (pitted, diced or mashed)	Cranberry Sauce, whole berry	Figs
	Grapefruit	Grapes*	Guava	Honeydew
	Kiwi	Mandarin Oranges	Mango	Oranges
	Papaya	Peaches	Pears	Pineapple
	Plums	Prunes ⁺ (pureed or cooked)	Raspberries*	Starfruit
	Strawberries*	Watermelon	To prevent choking: ⁺ Serve mashed, grated, or pureed (& cooked) [*] Serve quartered/diced	

Vegetables	Artichoke Hearts	Asparagus	Avocado	Lima Beans
	Beets (cooked)	Broccoli (cooked)	Brussels Sprouts (cooked)	Cabbage (cooked)
	Carrots ⁺ (cooked)	Cauliflower (cooked)	Corn ⁺ (infant or creamed)	Cucumber
	Eggplant	Green Beans (cooked)	Greens (cooked)	Kale (cooked)
	Okra (cooked)	Parsnips (cooked)	Peas ⁺	Peppers, Bell
	Plantain (cooked)	Potatoes (cooked)	Pumpkin (cooked)	Rutabaga
	Salsa	Sauerkraut	Spinach	Acorn Squash (cooked)
	Butternut Squash (cooked)	Sweet Potato (cooked)	Spaghetti Sauce	Tomatoes* (cherry-quartered)
	Turnips (cooked)	Zucchini	To prevent choking: ⁺ Serve mashed, grated, or pureed (& cooked) [*] Serve quartered/diced	