



DATE	FOOD	PREPARATION	AMOUNT EATEN	REACTION (SKIN, STOOL, FUSSINESS)	LIKED?

## Recommended First Food Sequence

There's no mandatory order, but starting with iron-rich and nutrient-dense foods gives your baby the biggest nutritional advantage. The old advice to start with rice cereal is outdated — meat, egg yolk, and liver are far more nutrient-dense first foods.

### Suggested Progression (Weeks 1-8 of Solids)

- 1 Week 1-2: Iron-rich purees — beef, chicken liver, lamb (iron stores from birth begin depleting around 6 months)
- 2 Week 2-3: Orange/yellow vegetables — sweet potato, butternut squash, carrot (beta-carotene, vitamin A)
- 3 Week 3-4: Green vegetables — avocado, peas, green beans, zucchini (before fruit, so sweetness doesn't create bias)
- 4 Week 4-5: Fruits — banana, pear, apple, peach (natural sweetness, fiber, vitamin C)
- 5 Week 5-6: Egg yolk (choline, DHA, fat-soluble vitamins), then full egg by 6-8 months
- 6 Week 6-7: Legumes — lentils, black beans (iron, zinc, fiber, protein)
- 7 Week 7-8: Grains — oatmeal, quinoa, millet (last, not first — baby doesn't need starch for brain fuel)

#### IMPORTANT

Watch for allergic reactions: hives, swelling (especially lips, face), vomiting within 2 hours, wheezing, or sudden extreme fussiness. Call 911 for any difficulty breathing, widespread hives, or swelling of tongue/throat. Mild eczema flares and slight stool changes are common and usually not allergies.

Offer rejected foods again — research shows it takes 10-15 exposures before a baby accepts a new flavor. Don't give up after one face. That grimace is novelty, not dislike.