



**mamalette**

You Are Mamalette. You Are Not Alone

# Starting Solids Checklist

## Signs your baby is ready to start solids:

- Head control
- Sitting well when supported
- Becoming curious about food



### QUICK TIP!

#### Remember

Try ONE food at a time. During the first few weeks of weaning, it can be helpful to give your baby just one food at a time. This can help your baby get used to new flavours and textures.

## INTRODUCTION TO SOLIDS CHART

AGE	CONSISTENCY	WHAT?
4-6 months*	Smooth puree	Single Ingredient to start to introduce flavors and so your little one can learn to swallow puree
6-8 months	Smooth puree	Fruits, cooked vegetables, legumes, grains, and/or meat
8-10 months	More textured puree	Fruits, cooked vegetables, legumes, grains, and/or meat
10-12 months	More textured puree	Fruits, cooked vegetables, legumes, grains, and/or meat

\* It is recommended to start solids at 6 months, if you start earlier, make sure to check with your doctor.

## INTRODUCING FOODS TO YOUR BABY

Whenever possible - use organic, nongmo, and in season fruits and veggies

### 6 months

#### Fruits

- Apple
- Avocado
- Banana
- Pawpaw

#### Vegetables

- Spinach
- Ugu leaves
- Pumpkin leaves
- Onions
- Tomatoes
- Okro/ Ewedu
- Carrots

#### Carbohydrates

- Fortified Infant Cereal
- Yam flour
- Potato
- Sweet potato
- Pap (Fermented maize porridge)

#### Dairy

- Breastmilk or Formula

### 6-8 months

#### Fruits

- Apple
- Orange
- Banana
- Pawpaw
- Melon

#### Vegetables

- Spinach
- Ugu leaves
- Pumpkin leaves
- Okro/Ewedu
- Onions
- Bell peppers
- Tomatoes
- Green peas
- Carrots

#### Carbohydrates

Finely ground & cooked

- Beans
- Oatmeal
- Rice
- Yam flour
- Potato
- Sweet potato
- Pap (Fermented maize porridge)

### 8-10 months

#### Fruits

- Pineapple
- Mango
- Watermelon

#### Vegetables

- Tomatoes
- Peppers
- Onions
- Eggplant
- Spinach
- Carrots

#### Carbohydrates

Finely ground & cooked

- Cassava flour (Garri)
- Semovita
- Yam flour
- Rice

#### Meat

- All

#### Dairy

- Breastmilk or Formula

### 10-12 months

#### Fruits

- All

#### Meat

- All

#### Dairy

- Breastmilk or Formula



### TIP!

Make sure your fruit is ripe and your vegetables are cooked.

#### What do each contain?

**Vegetables:** vitamin (like vitamin C, beta-carotene) and minerals (like potassium, magnesium, calcium, iron) and fiber

**Meats:** protein, vitamins and minerals (meat: iron, fish: iodine)

**Fruit:** carbohydrates, vitamins, minerals, and fiber

**Cereal:** carbohydrates, vitamins (like vitamin B1) & minerals, fiber

**Legumes:** protein, carbohydrates, fiber, vitamins & minerals