



Healthy Moms, Healthy Babies Nutrition Program Foods to Add by Age

4 to 6 Months	6 to 8 Months	8 to 12 Months	Over 1 Year
<ul style="list-style-type: none"> • Banana • Egg yolk • Cod liver oil 	<ul style="list-style-type: none"> • Organic liver, grated, frozen and added to egg yolk • Pureed meats • Soup broth • Fermented foods – small amounts of yogurt, kefir and sweet potato • Fruits & vegetables – cooked pureed peaches, pears, apples and berries. cooked vegetables – zucchini, squash, sweet potato, carrots, beets, all with butter & coconut oil 	<ul style="list-style-type: none"> • Creamed vegetable soups • Homemade stews – all ingredients mashed • Dairy – cottage cheese, raw cheese, cream, custards • Finger foods – steamed vegetable sticks, cheese, avocado, banana pieces 	<ul style="list-style-type: none"> • Grains & legumes – properly soaked and cooked • Crispy nut butters – see Nourishing Traditions cookbook • Leafy green vegetables cooked with lots of butter • Whole egg • Raw salad vegetables

Foods to Avoid By Age

Up to 6 Months	Up to 9 Months	Up to 1 Year	Always
<p>Certain foods such as spinach, celery, lettuce, radishes, beets, turnips and collard greens that may contain excessive nitrate, which can be converted into nitrite, an undesirable substance in the stomach. Leafy green vegetables are best avoided until 1 year. When cooking vegetables that may contain these substances, do not use the water they were cooked in to puree</p>	<p>Citrus and tomato, which are common allergens</p>	<p>Because infants do not produce strong enough stomach acid to deactivate potential spores, infants should refrain from eating honey. Use blackstrap molasses, which is high in iron and calcium. Egg whites should also be avoided up to one year due to their high allergenic potential</p>	<p>Commercial dairy products, especially ultra-pasteurized, (use raw instead), modern soy foods, margarines and shortening, fruit juices, reduced-fat or low-fat foods, extruded cereal grains and all processed foods</p>