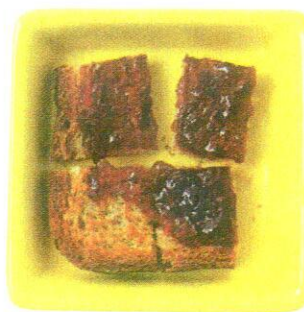




Well-cooked diced carrot



Teething biscuits or zwieback crackers



Whole-grain toast with all-fruit spread



Fruit cocktail (slice the cherries and grapes)



Whole-grain waffle



Grated or shaved apple



Small oranges, fresh (remove membranes) or canned (after 12 months)



Canned or very ripe fresh pears



Banana



Tiny chunks of turkey meatballs



Matzoh crackers



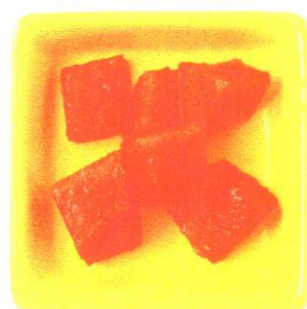
Shredded cheese or cheese crumbles



Fork-smashed canned beans or chickpeas



Graham crackers (avoid honey varieties until 12 months)



Ripe honeydew, cantaloupe, or watermelon (remove seeds)



Tofu



Bites of whole-grain muffin



Pineapple



Ripe peaches



Cooked pearl barley



Whole-grain couscous



Small, low-sugar
O-shaped cereal



Ripe mango or papaya



Whole-grain French toast



Cooked green beans



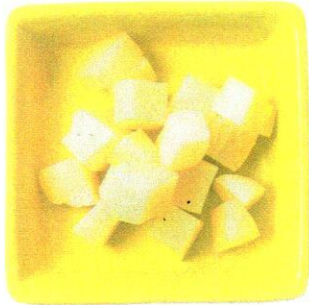
Cooked (and peeled) white- or
sweet-potato cubes



Chopped hard-boiled egg
(after 12 months)



Cooked zucchini or squash



Mozzarella cheese



Well-cooked asparagus tips



Sliced grapes



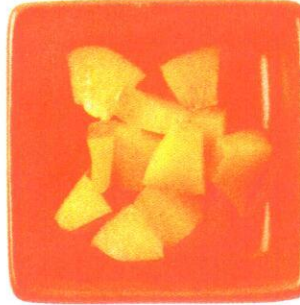
Mini rice cakes



Grilled-cheese sandwich,
cut into strips or cubes



Brown rice



Ripe apricot



Whole-grain pancakes



Tiny, well-cooked
broccoli florets



Whole-wheat
macaroni and cheese



Kiwi



Cucumber (peel,
remove seeds, and slice)