



Food Introduction Schedule for Children

Children wean from breast feeding to solids slowly over the course of several months. In fact, rushing the weaning process promotes the development of food intolerances, poor digestion and compromised immunity.

Time is necessary to allow for an infant's digestive tract to transition from being able to digest breast milk to assimilating nutrients from solid food. The order in which foods are introduced is also important – meats, dairy and most grains are far too complex for a developing digestive tract. In addition, introduce foods one at a time, watching for reactions that may indicate a food allergy or intolerance. Common reactions include:

- diaper rash
- skin rashes (body/mouth)
- behavioural changes
- runny nose
- watery eyes
- congestion
- recurring ear infections
- persistent cough
- constipation
- mucousy diarrhea
- gassiness

Six Months

At six months foods are introduced into the breast feeding regime. Several qualities are desirable:

1. Generally, hypoallergenic foods should be used.
2. Adequate fibre and fluid levels for the health of the colon.
3. Easy chew-ability.
4. Reasonably iron-rich.

With these ideas in mind, the following fruits and vegetables are appropriate foods to introduce at six months:

- applesauce
- banana
- blackberry
- broccoli
- carrot
- cauliflower
- cherries
- grapes
- green peas
- kiwi
- mung bean sprout
- pears
- prunes
- yam

Nine Months

Substantial growth and maturation of tissues occur at nine months. Iron and zinc foods are emphasized as well as maintaining hypo-allergenicity in food choices. High bulk and fibre are encouraged for good intestinal health. The intestinal bacteria change as you add more foods from bifido-bacterium bifidus to bacteriodes, clostridium, staphylococcus, E. coli, and other lactobacillus species. A high fibre diet encourages a smooth transformation to these bacterial types.

Following are the foods to be introduced at nine months.

- artichoke
- basmati rice
- blueberries
- string beans
- cabbage
- chard
- lima beans
- sweet potato
- mashed potatoes
- millet
- nectarines
- oatmeal
- papaya
- split pea soup



Twelve Month Foods

Twelve month foods, like nine month foods, are high in fibre, zinc, and complex carbohydrates. Foods with protein and iron are emphasized. Again, check for allergic-type reactions such as skin rashes, runny nose and behaviour changes.

- acorn
- asparagus
- avocado
- barley
- blackstrap molasses
- brown rice
- goat milk
- hubbard squash
- parsnips
- spirulina
- swiss chard
- tofu
- yogurt

Eighteen Month Foods

The eighteen month foods include foods high in protein. The molecular structures are getting more complex. These foods emphasize calcium and B vitamins as well.

- beans
- beets & beet greens
- buckwheat
- chicken
- eggplant
- fish
- kelp
- lamb
- mushrooms
- rutabaga
- rye
- spaghetti squash
- tahini
- various greens

Twenty-One Month Foods

At this stage, much growth is occurring. Here we begin to fill out the proteins so that the protein foods can be rotated. Essential fatty acid rich nuts are introduced as nut butters. Foods to introduce at this time include:

- almond butter
- beef liver
- brewer's yeast
- cashew butter
- crushed walnuts
- eggs
- game hen
- oranges
- pineapple
- salmon
- turkey
- wheat

Twenty-Four Month Foods

This completes the list of foods. Any fruit or vegetable may be added that has not appeared on previous lists. Be sure to continue to watch for allergic symptoms as mentioned above. Foods that now can be added include:

- clams
- cheese
- cottage cheese
- duck
- lamb liver
- lentils
- peanut butter
- pork
- rabbit
- soy
- sunflower seeds