

Time of Introduction	Grains and Cereals	Vegetables	Fruits	Meats and alternates	Milk and Dairy	Nuts, Seeds, other
Six to nine months	Rice Millet	All cooked Yam Sweet potato Squash (all types) Carrot Beets Broccoli Potato Green beans Cabbage	All cooked Pear Peach Banana Apricot Nectarine Blueberry	Lamb Turkey	Breast milk If absolutely necessary, whey hydrolysate formula	None
Nine to twelve months	Barley Rye Oats	Asparagus Avocado Cauliflower Brussel sprouts	Plum Prune Pineapple Grape Apple (cooked) Cranberry Raisins	Chicken Veal Beaf	Breast milk or whey hydrolysate formula	None except vegetable oils in formula
Twelve to twenty-four months	Corn Wheat Other grains	Green pea Spinach Tomato Celery Cucumber Lettuce Onion Garlic beans Broad beans Other legume Any raw veg	Citrus fruit: orange grapefruit lemon lime Berries: Strawberry Raspberry etc Melons Mango Fig Date Cherry Any Raw Fruit	Ham Pork Fish Egg	Yoqurt (plain) Homogenised milk White cheese Cottage cheese	Seed oils: Canola Safflower Sunflower
After two years	All	All	All	Shellfish	All others including ice cream	Peanut Nuts Chocolate Seeds