

Solid Food Introduction

Infant Name: _____ Infant Center: _____

P ¹	S ²	Cereal (iron-fortified) start 6 months (offer rice infant cereal first)	(Start w/ one feeding/day of thin consistency & work up to 2 feedings/day of thicker consistency.)	Comments (e.g., reactions, foods already tried, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Rice	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Barley	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Oats	Dates:	
		6-7 months: wheat	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	6-7 months: mixed grain (offer only after individual ingredients w/o reaction)	Dates:	
P	S	<i>Vegetables & Fruits start 6-7 months</i>	(Start w/ vegetables before fruits. Begin with strained and progress toward lumpy or mashed.)	Comments (e.g., reactions, foods already tried, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Carrots	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Circle: potatoes	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Sweet Potato	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Squash (orange, yellow, green)	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Peas	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Green Beans	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Spinach	Dates:	
	<input type="checkbox"/>	Broccoli	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Cabbage	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Asparagus	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Other	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Apricots	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Peaches	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Applesauce	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Circle: prunes, plums	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Pears	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Bananas	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Watermelon	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Cantaloupe	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Honeydew	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Kiwi	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Mango	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Blueberries	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Strawberries	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Raspberries	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Blackberries	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Other:	Dates:	
P	S	<i>Strained meats & protein foods start 6-9 months</i>	Dates:	Comments (e.g. reactions, foods already tried, etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Beef	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Chicken , turkey	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Whole Egg	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Shredded cheese , cottage cheese	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Cooked beans , Types:	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Cod	Dates:	
<input type="checkbox"/>	<input type="checkbox"/>	Other		

P¹ Per parent report, these foods have been introduced at home
S² Staff introduced the food.