

What's for dinner? Food Introduction Chart

FOOD GROUP	FIRST FOODS [6 MONTHS]	7 – 8 MONTHS
DRINKS <i>water, herbal tea, vegetable juice, fermented drinks</i>	Breast milk (or formula), small amounts of filtered water	Rooibos tea, Chamomile tea
HEALTHY FATS	Cod liver oil (¼ teaspoon of high-vitamin cod liver oil or ½ teaspoon regular dose cod liver oil – do not heat)	Organic virgin coconut oil, extra virgin olive oil, ghee, avocado, hemp seed oil.
MEAT / ANIMAL PROTEIN	Soft boiled egg yolks from pasture raised hens, raw liver grated into other food	Chicken or beef broth, organic pasture raised chicken, ostrich, beef, lamb, turkey or fish, liver, venison
DECIDUOUS FRUITS <i>Apple, pears, plum, peach, apricot, nectarine, cherry, olive</i>	Avocado, cooked apple and pear	Cooked peach, plum, apricot
TROPICAL FRUITS <i>Banana, mango, litchi, pineapple, rambotan, durian, papaya, avocado</i>	Ripe banana (skin must have black spots on it), avocado, papaya	Mango
CITRUS FRUITS <i>Orange, naartjie, lemon, grapefruit, pomelo, tomato</i>	Not yet	Lemon
BERRIES <i>Strawberry, blueberry, blackberry, grape, cranberry</i>	Not yet	Not yet
ROOT VEGETABLES <i>Carrot, potato, sweet potato, yam, turnip, parsnip, beetroot</i>	Steamed sweet potato, potato, carrots, turnips, parsnips	As before
SQUASH <i>Butternut, pumpkin, gem squash, baby marrow, patty pans</i>	Butternut, pumpkin, gem squash, baby marrow, patty pans	As before
BRASSICA <i>Cabbage, broccoli, cauliflower, Brussels sprouts, kale</i>	Not yet	Not yet
VEGETABLES FROM FLOWERS <i>Cucumber, bell pepper, tomato</i>	Not yet	Cucumber, bell peppers
LEAFY VEGETABLES <i>Spinach, beetroot leaves, asparagus, chicory</i>	Not yet	Not yet
FRESH BEANS AND PEAS	Not yet	Not yet
GRAINS, NUTS & SEEDS Grains: short grain brown rice, quinoa, millet, buckwheat, and oats. Nuts: almonds, cashews, macadamia, coconut Seeds: chia, flax, hemp, pumpkin, sesame, sunflower	Not yet	Not yet
LEGUMES/PULSES <i>Dried beans, split peas, lentils and chickpeas</i>	Not yet	Not yet
SUPERFOODS <i>Baobab, cacao, green powder, hemp powder, lucuma, maca, moringa</i>	Baobab, lucuma, maca	Green powder, moringa
FERMENTED FOODS <i>Sauerkraut and other fermented vegetables, pickles, kefir, beet kvass, fermented fruits</i>	Fermented apple sauce	Liquid from sauerkraut, fermented carrots

Source: www.westonaprice.org

Certain foods, such as spinach, celery, lettuce, radishes, beets, turnips and collard greens, may contain excessive nitrate, which can be converted into nitrite (an undesirable substance) in the stomach. It is best to introduce them closer to your little one's first birthday. When you cook these particular vegetables do not use the cooking water in a purée – as the nitrates will be concentrated in it.

8 – 12 MONTHS	OVER ONE YEAR	IMPORTANT NOTES
Freshly pressed vegetable juices – diluted with water, liquid from sauerkraut	Beet kvass, undiluted vegetable juices, other herbal teas	<i>The majority of your little one's liquid intake should be from breast milk or formula until after 1 year.</i>
As before. You can double the dose of cod liver oil.	As before	
As before	Whole eggs (yolk & whites)	<i>Shellfish is best avoided until after 1 year.</i>
Raw apple, raw pears, plum, peach, apricot, nectarine, cherry, olives	As before	<i>You may want to cook these in the beginning to make them easier to digest.</i>
Litchi, pineapple, rambotan, durian	As before	<i>No need to cook these.</i>
As before	Orange, naartjie, grapefruit, pomelo,	<i>Citrus fruits may be too acidic for your little one – watch for nappy rash as an indication of this.</i>
Strawberry, blueberry, blackberry, grape, cranberry	As before	<i>Wash very well!</i>
Beetroot	As before	<i>Great veggies to start with.</i>
As before	As before	<i>Serve with healthy fats.</i>
Cabbage, broccoli, cauliflower, Brussels sprouts, kale	As before	<i>These may cause gas.</i>
As before	Tomatoes	<i>Tomatoes can cause nappy rash as they are quite acidic – best left until after 1 year.</i>
Spinach, beetroot leaves, asparagus, chicory	As before	
Green beans, peas	As before	
Chia seeds	Start with short-grain brown rice, quinoa, oats, and nut butters.	<i>All grains, nuts, and seeds must be soaked for 12 hours in a salt-water brine. Ensure grains are well cooked.</i>
Not yet	Start with red lentils and split peas (easiest to digest). Then move on to dried beans, lentils, chickpeas.	<i>All dried legumes and pulses must be soaked for at least 18 hours in an acid medium. Rinse and cook until tender.</i>
Hemp powder	Cacao	<i>These are exceptionally nutrient-dense foods – a little goes a long way! Start with an ¼ teaspoon once a day and gradually increase. It is a good idea to alternate superfood powders daily.</i>
Sauerkraut, pickles, kefir, fermented berries	Beet Kvass and any other ferments!	<i>Cultured (fermented) foods are tangy, tart, sour, and salty. They can give your little one a love for flavours beyond sweet.</i>