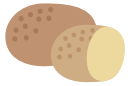
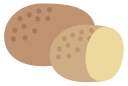
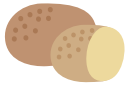
Introducing Solids at 6 Months: Food Chart for Babies

recetas para mi BEBE

DAY 1  Potato purée	2  Potato purée	3  Potato purée	4  Carrot purée	5  Carrot purée	6  Carrot purée	7  Leek and potato purée
8  Leek and potato purée	9  Leek and potato purée	10  Apple purée	11  Apple purée	12  Apple purée	13  Zucchini and potato purée	14  Zucchini and potato purée
15  Zucchini and potato purée	16  Pear purée	17  Pear purée	18  Pear purée	19  Broccoli and potato purée	20  Broccoli and potato purée	21  Broccoli and potato purée
22  Banana purée	23  Banana purée	24  Banana purée	25  Sweet potato and milk purée	26  Sweet potato and milk purée	27  Sweet potato and milk purée	28  Banana and avocado purée
29  Banana and avocado purée	30  Banana and avocado purée	31  Green bean purée				

- Milk will continue to be their main source of nutrition until they turn 1 year old.
- You can combine the introduction of fruits and vegetables with gluten-free grains.
- We offer this plan solely as inspiration. You don't have to follow this order exactly or stick to these specific fruits and vegetables. You can serve other foods such as squash, chayote, bell peppers, peas, red lentils, peaches, tangerines, oranges, watermelon, etc.