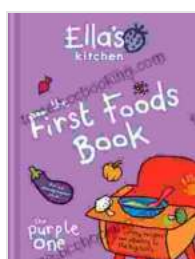


# The First Foods Book: A Comprehensive Guide to Introducing Solid Foods to Your Baby

Introducing solid foods to your baby is an exciting milestone, but it can also be daunting. With so much information available, it can be hard to know where to start. The First Foods Book is the most comprehensive guide to introducing solid foods to your baby, written by a registered dietitian and certified lactation counselor.



## Ella's Kitchen: The First Foods Book: The Purple One

by Ella's Kitchen

★★★★☆ 4.7 out of 5

Language : English  
File size : 91626 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 497 pages  
Screen Reader : Supported



The First Foods Book provides everything you need to know about starting your baby on solids, from when to start to what foods to introduce first. With over 100 recipes and tips for picky eaters, The First Foods Book is the essential resource for parents of babies ready to start eating solid foods.

## What's inside The First Foods Book?

- **When to start solids:** The First Foods Book provides clear guidelines on when to start introducing solid foods to your baby, based on their developmental milestones.
- **What foods to introduce first:** The book includes a list of the best first foods for babies, as well as tips on how to introduce new foods safely.
- **How to prepare solid foods:** The First Foods Book provides detailed instructions on how to prepare purees, finger foods, and other solid foods for your baby.
- **Over 100 recipes:** The book includes over 100 recipes for healthy and delicious solid foods, from simple purees to more complex dishes.
- **Tips for picky eaters:** The First Foods Book provides tips and strategies for dealing with picky eaters, including how to encourage your baby to try new foods.

## **Why choose The First Foods Book?**

- **Written by a registered dietitian and certified lactation counselor:** The First Foods Book is written by a registered dietitian and certified lactation counselor, so you can be sure that the information is accurate and up-to-date.
- **Comprehensive and easy to follow:** The First Foods Book is the most comprehensive guide to introducing solid foods to your baby, but it is also easy to follow and understand.
- **Over 100 recipes:** The book includes over 100 recipes for healthy and delicious solid foods, so you can find something your baby will love.

- **Tips for picky eaters:** The First Foods Book provides tips and strategies for dealing with picky eaters, so you can help your baby develop healthy eating habits.

### **Free Download your copy of The First Foods Book today!**

The First Foods Book is the essential resource for parents of babies ready to start eating solid foods. Free Download your copy today and get started on your baby's journey to healthy eating!

# When to Introduce Foods to Baby

courtesy of Mamtastic.com

4-6 months	6-8 months	8-10 months	10-12 months
<b>Fruits</b> Apple Avocado Banana Pear	<b>Fruits</b> Kiwifruit Mango Nectarine Peach Plum Prune Pumpkin	<b>Fruits</b> Raspberries Melon Cherries Citrus Coconut Cranberries Fig Grapes Kiwi Papaya Persimmon	<b>Fruits</b> Citrus Strawberries
<b>Vegetables</b> Beets (Green) Sweet Potato Squash Butternut	<b>Vegetables</b> Carrots Parsnips Peas Savasshi Zucchini	<b>Vegetables</b> Asparagus Broccoli Beans Cauliflower Cucumber Eggplant Leeks Onions Peppers Potato/White Turnip	<b>Vegetables</b> Beans (Canned) Corn Spinach Tomatoes
<b>Grains</b> Barley Oatmeal Rice	<b>Meat</b> Chicken Tofu Turkey	<b>Meat</b> Beef Eggs Pork	<b>Meat</b> Fish Wild Game Consult doctor
		<b>Grains</b> Buckwheat/Kasha Flax Kamut Millet Pasta Quinoa	<b>Dairy</b> Cow Milk
		<b>Dairy</b> Cheese Cottage Cheese Cream Cheese Yogurt	

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**Mamtastic**

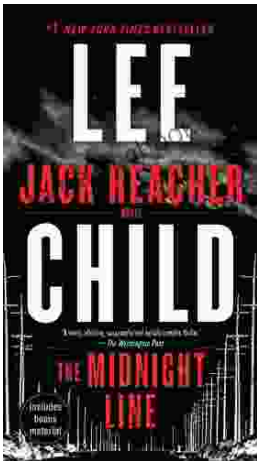


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