

# 105 Organic Healthy Recipes to Introduce Your Baby to Solid Foods



## The Big Book of Baby Led Weaning: 105 Organic, Healthy Recipes to Introduce Your Baby to Solid Foods

by Aubrey Phelps MS RDN CLC

★★★★☆ 4.5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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## Starting Your Baby on Solids: A Transformative Journey

Introducing your little one to solid foods is an exciting and rewarding milestone in their development. It marks a transition from exclusive breastfeeding or formula feeding to exploring a whole new world of flavors and textures. This journey is essential for fostering healthy eating habits and ensuring optimal growth and well-being.

## Choosing the Right Foods for Your Baby

When it comes to choosing solid foods for your baby, organic options are highly recommended. Organic produce is grown without the use of synthetic pesticides, herbicides, or fertilizers, reducing the exposure of your baby to potentially harmful chemicals.

When selecting organic ingredients for your baby's food, consider the following tips:

- **Choose fruits and vegetables in season.** Seasonal produce is typically more flavorful and nutrient-rich.
- **Look for the USDA Organic label.** This label guarantees that the product has met strict organic standards.
- **Avoid processed foods.** Processed foods are often high in sugar, salt, and unhealthy fats.
- **Choose whole grains over refined grains.** Whole grains provide more fiber and nutrients than refined grains.

## A Comprehensive Guide to Solid Foods

The following table provides a comprehensive guide to introducing solid foods to your baby, including age-appropriate food options and tips on how to introduce them:

Age	Food Options	Tips
4-6 months	Pureed fruits and vegetables, such as applesauce, banana, sweet potato, and avocado	Start with single-ingredient purees and gradually introduce new flavors.
6-8 months	Mashed fruits and vegetables, such as mashed bananas, peas, and carrots	Introduce a variety of textures, including purees, mashes, and soft finger foods.
8-10 months	Small pieces of soft fruits and vegetables, such as blueberries,	Continue to offer a variety of textures and encourage self-

raspberries, and peeled and seeded  
cucumber

feeding.

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10-12  
months      Table foods, such as cooked meats,  
pasta, and fruits

Introduce table foods that are  
cut into small pieces and are  
easy for your baby to chew.

## 105 Organic Healthy Recipes to Nourish Your Baby

To support your baby's solid food journey, this article presents a collection of 105 organic and healthy recipes:

### Purees for Beginners







**Mashes for Texture Exploration**







## Finger Foods for Self-Feeding Adventures



# When to Introduce Foods to Baby

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4-6 months

6-8 months

8-10 months

10-12 months

**Fruits**

- Apple
- Avocado
- Banana
- Pear

**Vegetables**

- Beans (Green)
- Sweet Potato
- Squash
- Butterbean

**Grains**

- Barley
- Oatmeal
- Rice

**Fruits**

- Apricot
- Mango
- Nectarine
- Peach
- Plum
- Pineapple

**Vegetables**

- Carrots
- Parsnips
- Peas
- Squash (Zucchini)

**Meat**

- Chicken
- Tofu
- Turkey

**Fruits**

- Blueberry
- Rhubarb
- Cherries
- Citrus
- Coconut
- Cranberries
- Fig
- Grapes
- Kiwi
- Papaya
- Pearl onion

**Vegetables**

- Asparagus
- Broccoli
- Beets
- Cauliflower
- Cucumbers
- Eggplant
- Leeks
- Onions
- Peppers
- Potato (White)
- Turnip

**Meat**

- Beef
- Eggs

**Grains**

- Buckwheat (Noodle)
- Flax
- Kamut
- Millet
- Pasta
- Quinoa

**Dairy**

- Cheese
- Cottage Cheese
- Cream Cheese
- Yogurt

**Fruits**

- Citrus
- Strawberries

**Vegetables**

- Beet (Green leaves)
- Corn
- Spinach
- Tomatoes

**Meat**

- Fish
- Wild Game (small animal)

**Dairy**

- Cow Milk



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Always consult your baby's pediatrician about introducing new foods, and feeding your baby.

Momtastic

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- Ground Beef

**Dairy**

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■ **Table Foods for Growing Appetites**



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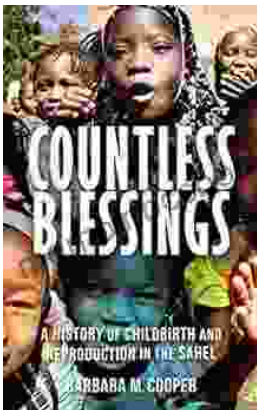
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