




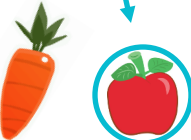

























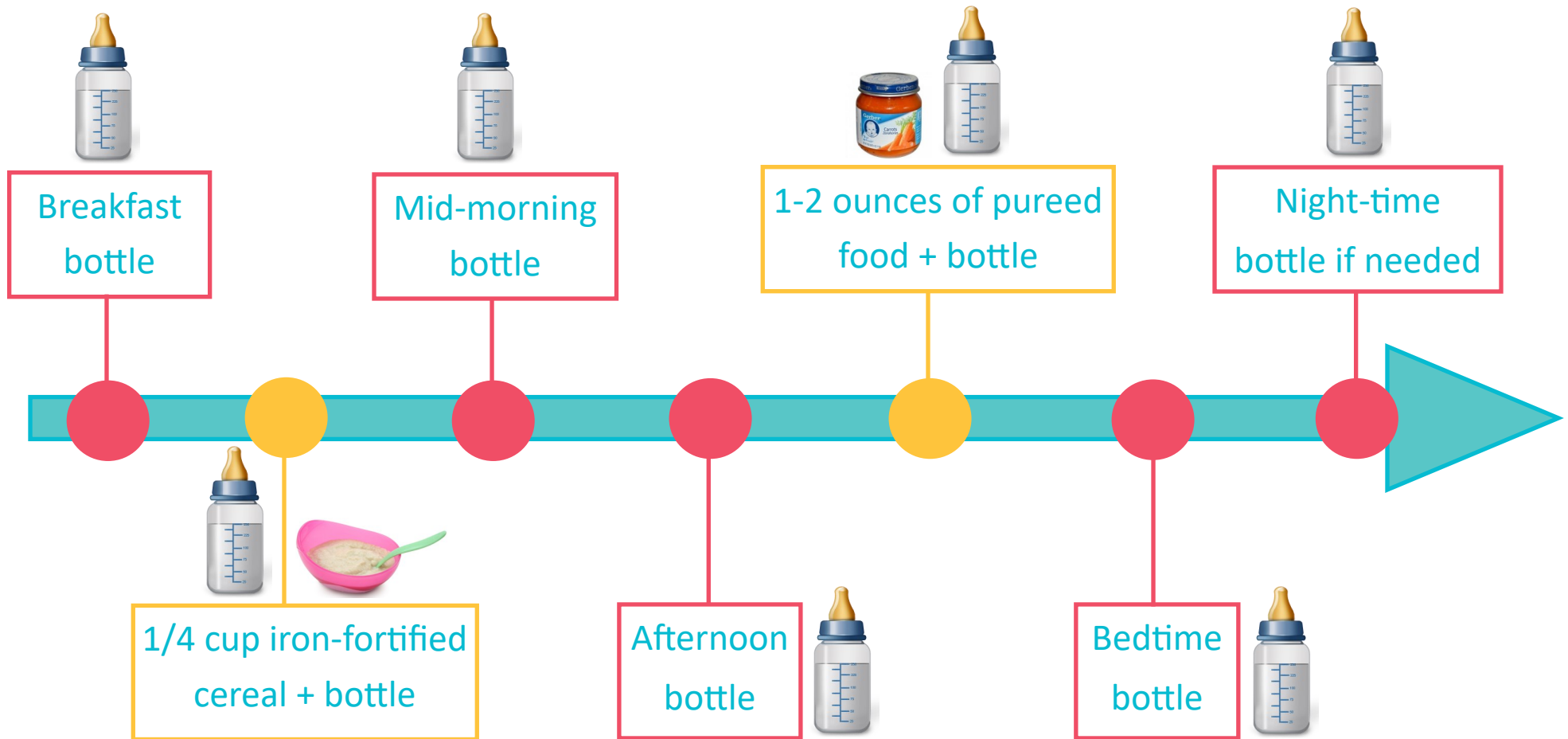


Introducing Baby Food

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3 	4 
New food 						
5 	6 	7 	8 	9 	10 	11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26 	27 	28 	29 	30 		

There is no set order for introducing new foods. You can try one at a time, every few days. You can also try new foods many times. Baby might not like it the first few tries. Prepare foods according to baby's chewing ability.

Sample Infant Meal Plan **At Around 6 Months**



At around 6 months, solid food may be introduced. It is given for your child to start exploring colors, textures, and tastes. They will need some nutrients from these new foods but will still need to drink mostly breast milk or formula.

Talk to your CHN Nutritionist if you have more questions!



Care you feel good about.

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