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Food Introduction Schedule

Six-Months

At six months of age, foods are introduced into the breast-feeding regime. The following food characteristics are preferable:

1. Use hypoallergenic foods
2. Easy to chew
3. Iron-rich
4. Sufficient fibre and fluid levels for the health of the colon

The following foods are introduced at six months based on the above characteristics:

1. Prunes: Fibre, iron, vitamin C, fluid, calcium
2. Cherries: Fibre, iron, vitamin C, fluid
3. Banana: Potassium, iron, chewability
4. Blackberry: Fibre, iron, vitamin C
5. Carrot (cooked and mashed): Fibre, carotenes, calcium
6. Mung bean sprouts (blended): Iron, fluid, fibre, enzymes
7. Broccoli (cooked, mashed or blended): Iron, fibre,

chlorophyll, potassium, calcium

8. Cauliflower (cooked, mashed, or blended): Iron, bulk
9. Applesauce: Pectin, fluid, fruit sugars
10. Grapes: Vitamin C, fluid, fruit sugars
11. Yam: Carbohydrate, carotenes, potassium
12. Pears: Vitamin C, fibre, fruit sugars
13. Kiwi: Vitamin C, fluid, enzymes
14. Green peas: Iron, fibre, chlorophyll, calcium

Nine-Months

Nine months marks substantial growth and maturation of tissues. Iron and zinc foods are emphasized as well as maintaining hypo-allergenicity in food choices. High bulk and fibre are encouraged for good intestinal health. The intestinal bacteria change as we add more foods from Bifido-Bacterium bifidus to Bacteriodes, clostridium, staphylococcus, E. coli, and other lactobacillus species. A high fibre diet encourages a smooth transformation to these bacterial types. Introduce these foods one at a time, watching for reactions such as diaper rash, behavioural changes, skin rashes on body or mouth, runny nose, or watery eyes.

1. Papaya: Vitamin C
2. Oatmeal: Zinc, protein
3. Lima beans: Zinc, protein
4. Split pea soup: Zinc, protein

5. Mashed potatoes: Complex carbohydrate, protein
6. Basmati rice: Complex carbohydrate, protein
7. Artichoke: Carbohydrate, protein, vitamin A, phosphorus, potassium
8. Cabbage: Fibre, vitamin A, potassium
9. Sweet potato: Carbohydrate, carotenes, fibre, potassium
10. Millet: Complex: carbohydrate, protein
11. String beans: Bulk, magnesium
12. Blueberries: Fibre, Vitamin C
13. Nectarines: Vitamin A, potassium
14. Chard: Magnesium, chlorophyll, bulk

Twelve-Month Foods

Twelve-month foods are also high in fibre, zinc, and complex carbohydrates. Always be aware of any allergic-type reactions such as skin rashes, runny nose and behaviour changes. The foods here also focus on protein and iron.

1. Acorn squash: Carbohydrate, fibre
2. Blackstrap molasses: Iron
3. Tofu: Protein
4. Asparagus: Fibre, protein, vitamin A, niacin, potassium, manganese

5. Avocado: Oils and good fats
6. Barley: Carbohydrate, phosphorus, magnesium, protein
7. Spirulina: Protein, chlorophyll
8. Brown rice: Carbohydrate, protein, fibre, vitamin B complex, potassium
9. Swiss chard: Magnesium, fibre
10. Parsnips: Bulk, vitamin A, plant pigments
11. Goat's milk: Protein, vitamin A, vitamin B complex, potassium, calcium, zinc
12. Yogurt: Calcium, protein, some B vitamins, zinc
13. Hubbard squash: Carbohydrate, protein, vitamin A, potassium

At **eighteen-month** we include foods high in protein. The molecular structures are getting more complex. Calcium and B vitamins are also highlighted.

1. Tahini: Oils, protein, iron
2. Kelp: Protein, trace minerals
3. Beet greens: Chlorophyll, fibre, pigments, some iron
4. Beans: Carbohydrate, protein
5. Lamb (New Zealand): Protein, iron
6. Eggplant: Fibre, carbohydrate
7. Chicken (Free range): Protein, B vitamins

8. Fish (all kinds, introduced one at a time): Protein, iron
9. Spaghetti squash: Carbohydrate
10. Various greens: Magnesium, fibre
11. Rye: Carbohydrate, protein, fibre, sodium
12. Mushrooms: Fibre, copper, zinc
13. Rutabaga: Carbohydrate, pigments, carotenes
14. Buckwheat: Carbohydrate, fibre, B vitamins

Twenty-one Month Foods

At 21 months, the body is undergoing a lot of growth. Therefore we focus on filling out the proteins so that the protein foods can be rotated. Nut butters are introduced as a source of essential fatty acids.

1. Eggs (Free range): B12, protein, cholesterol
2. Beef liver (Grass-fed): B12, iron, protein, B vitamins
3. Cashew butter: Protein, essential fatty acids
4. Almond butter: Protein, essential fatty acids
5. Game hen: Protein
6. Salmon (wild not farmed): Protein
7. Oranges: Vitamin C, bioflavonoids
8. Turkey: Protein
9. Pineapple: Vitamin C

10. Brewer's yeast: B3 vitamins
11. Crushed walnuts: Essential fatty acids, protein
12. Wheat (sprouted Essene bread is good): Enzymes, sugars, proteins

Following this list any other fruit or vegetable may be added. Continue be aware of any allergic symptoms as mentioned above.

1. Sunflower seeds: Essential fatty acids, protein
2. Peanut butter: Essential fatty acids, protein
3. Lentils: Fibre, protein
4. Duck: Protein
5. Clams: Minerals, protein
6. Cottage cheese: Calcium, protein
7. Lamb liver (New Zealand): Iron, protein
8. Soy (all forms): Calcium, protein
9. Cheese (all types, introduce one at a time): Calcium, protein

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