



<p>6 Months</p> <p>Banana Cherries Prunes Blackberries Carrots (cooked or mashed) Sprouts Broccoli Applesauce Grapes Yams Pears Cauliflower</p>	<p>18 Months</p> <p>Eggs Kelp Beet and beet greens Chard Beans Eggplant Lamb Chicken Fish Other greens (lettuce, mustards, etc) Rye Buckwheat Tahini Goat milk yogurt Garbanzo beans</p>
<p>9 Months</p> <p>Lima Beans Split Peas Potato (cooked or mashed) Basmati Rice Brown Rice Artichoke Cabbage Millet String Beans Papaya Nectarine Blueberries (help teething)</p>	<p>21 Months</p> <p>Beef liver Cashew butter Almond butter Salmon Orange Turkey Pineapple Brewer's yeast Wheat</p>
<p>12 Months</p> <p>Squash Tofu Asparagus Avocado Barley Swiss Chard Parsnips Blackstrap Molasses Yogurt (if no reaction) Goat's Milk (fresh)</p>	<p>2-3 Years</p> <p>Sunflower seeds Peanut Butter Lentils Cottage Cheese Hard Cheese Soy clams Corn (if no reaction)</p>