Baby's
first foods weaning chart

Vegetables

- Aubergine
- Avocado
- Beetroot
- Broccoli
- Butternut Squ
- Cabbage
- Carrot
- Cauliflower
- Celery
- Courgette
- Cucumber
- Green bean
- Mushroom
- Onion
- Parsnip
- Peas
- Pepper
- Potato
- Spinach
- Sweetcorn
- Sweet potato
- Tomato
- _____
- _____

Offer savoury veggies too, *not just sweet ones!*

Herbs & Spices

- Basil
- Black Pepper
- Cardamom
- Cinnamon
- Coriander
- Ginger
- Turmeric
- Rosemary
- Mint
- Thyme
- Paprika
- _____
- _____

Example
Tick when tried ☑☐☐☐

Textures for learning:
Offer mashed, lumpy and finger foods when baby's ready.

Fruits

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Coconut
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Mango
- Nectarine
- Oranges
- Peach
- Pear
- Pineapple
- Plums
- Pomegranate
- Raspberry
- Strawberry
- Watermelon
- _____
- _____

Gagging is normal **but watch for choking:**

- **Silent** *or* **struggling to breathe**
- **Changing colour** *(blue/grey).*
- **Floppy/unresponsive**

If choking call 999 and follow first-aid steps.

Proteins

- Beans
- Beef
- Chicken
- Chickpeas
- Cod
- Eggs
- Lamb
- Lentils
- Pork
- Salmon
- Tofu
- Tuna
- Turkey
- _____
- _____

Introduce common allergens from 6 months in tiny amounts ***one at a time****.*

Allergens

- Celery
- Eggs
- Fish
- Milk
- Peanuts
- Sesame
- Shellfish
- Soy
- Tree nuts
- Wheat
- _____
- _____

Follow **NHS guidelines** *for safe baby weaning:*

https://www.nhs.uk/start-for-life/baby/weaning/

Grains

- Bread
- Couscous
- Noodles
- Oat
- Orzo
- Pasta
- Quinoa
- Rice
- _____
- _____

No honey before 12 months. *Don't add salt or sugar to baby's food.*

Dairy

- Butter
- Milk
- Cheese
- Yoghurt
- Cream Cheese
- Kefir
- Sour cream
- _____
- _____

Your Own

- _____
- _____
- _____
- _____
- _____

Lovingly put together by **Nombear***. Download or feed back to us at...*

https://nombear.com/weaning-chart

© 2026 Nombear, CC BY-ND 4.0