



# starting solids: a year one checklist

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**PARENTS**  
*Canada*

Looking for a roadmap for  
introducing solid foods?

We've got you covered. Here  
are some common foods to try,  
with timing recommendations  
for your little one.



## Iron-fortified foods

(recommended as a first food, 4 to 6 months\*)

- Iron-fortified baby cereal
- Beef
- Ham
- Lamb
- Liver
- Legumes, lentils and other beans
- Kale
- Spinach
- Peas – Try **HEINZ BY NATURE™**  
100% Natural Organic Peas Purée
- Prunes – Try **HEINZ BY NATURE™**  
Organic Prune Purée
- Apricots



## Potential allergens

(recommended as a first food, 4 to 6 months\*)

- Eggs
- Peanuts
- Tree nuts (such as walnuts or almonds)
- Fish
- Shellfish
- Soy
- Wheat
- Cow's milk

## Other proteins

(introduced simultaneously to or after iron-fortified  
and/or potential allergens)

- Chicken
- Turkey

## Vegetables

(introduced simultaneously to or after iron-fortified  
foods and/or potential allergens)

- Carrots – Try **HEINZ BY NATURE™** 100% Natural  
Organic Carrots Purée
- Green or yellow beans
- Squash (any type)
- Broccoli
- Cauliflower
- Sweet potato – Try **HEINZ BY NATURE™**  
100% Natural Organic Sweet Potatoes Purée
- Parsnips



## Fruit

(introduced simultaneously to or after iron-fortified foods  
and/or potential allergens)

- Avocado
- Apples – Try **HEINZ BY NATURE™** Organic  
Apple, Broccoli, Peas & Brown Rice Purée
- Bananas
- Mangoes – Try **HEINZ BY NATURE™** Organic  
Mango Purée
- Peaches
- Pears – Try **HEINZ BY NATURE™** Organic Pear Purée
- Plums
- Beets
- Blueberries – Try **HEINZ BY NATURE™** Organic  
Blueberry, Apple & Oat Purée
- Cherries
- Kiwi – Try **HEINZ BY NATURE™** Organic Apple,  
Spinach, Kiwi & Quinoa Purée



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\*Health Canada recommends starting solid foods at six months of age; however, if a child is showing signs of readiness, parents may speak to the baby's doctor about beginning as early as four months of age.