

COMPONENTS OF A BALANCED BABY PLATE

High-Iron Foods

Heme

- Chicken
- Turkey
- Beef
- Pork
- Lamb
- Veal
- Liver
- Bison
- Salmon
- Haddock
- Halibut
- Shrimp
- Scallops
- Mussels
- Clams
- Sardines

Non-Heme

- White beans
- Kidney beans
- Black beans
- Edamame beans
- Chickpeas
- Lentils
- Tofu
- Cooked spinach
- Eggs

Produce

- Berries
- Peaches
- Apples
- Banana
- Pear
- Peach
- Plum
- Prune
- Apricot
- Grapes
- Watermelon
- Cantaloupe
- Eggplant
- Celery
- Carrots
- Cauliflower
- Beets
- Peas
- Cabbage
- Potatoes
- Onions
- Squash
- Pumpkin
- Zucchini
- Asparagus
- Tomato
- Turnip
- Potato
- Sweet potato
- Spinach
- Radish
- Parsnip
- Mushrooms
- Green beans
- Corn
- Cucumber

Great sources of vitamin C

- Orange
- Grapefruit
- Lemon
- Lime
- Kiwi
- Strawberries
- Bell pepper
- Pineapple
- Papaya
- Mango
- Broccoli
- Brussel sprouts

High-Calorie Foods

Healthy fats

- Avocado
- Full-fat cheese
- Full-fat yogurt
- Oils (avocado, olive, coconut)
- Butter/ghee
- Nuts and seeds (+ nut and seed butter)
- Chia, flax & hemp seeds
- Coconut milk
- Shredded coconut
- Egg yolk
- Fatty fish (salmon, sardines, anchovies)*
- Olives**

Starches

- Bread
- Pasta
- Crackers
- Cereals
- Rice
- Oats
- Quinoa
- Beans
- Lentils
- Potato
- Sweet potato
- Squash
- Pumpkin
- Corn
- Peas
- Banana
- Plantain

*Fatty fish is an especially good source of the omega-3 fatty acid, DHA.

**Olives are a high-sodium food which should be offered in moderation to babies under 12 months of age.