

TOP
10

FIRST FOODS FOR BABIES

starting solids with baby
led weaning



Baby **Led** Bliss



WELCOME!

Thank you so much for being a subscriber to Baby Led Bliss. As a thank you, here are my top 10 favorite first foods for babies, tailored specifically for baby led weaning.

My goal is to help you raise happy, healthy, confident eaters from the very start, all with less stress for you, the parent! Because we all know being a parent is stressful enough. If you're new to the world of baby led weaning, make sure to take a look at all of [my blog posts](#) on the topic to help guide you. You can also [shop my favorite tools](#) for your baby led weaning journey. Enjoy!

- Kaleigh McMordie, MCN, RDN, mom of 2

TOP 10 FIRST FOODS

1

EGGS

High in protein & other essential nutrients, versatile, affordable, great texture, potential allergen*

2

MEAT

Especially beef, provides crucial iron & zinc, as well as protein

3

PEANUT BUTTER

Easy, affordable source of protein & healthy fat, potential allergen*

4

FISH

high in protein and essential omega 3s, naturally a great texture for babies, potential allergen*



5

AVOCADO

High in healthy fat, folate, fiber, and calories, perfect texture, easy to serve

6

YOGURT

(Plain, whole milk Greek yogurt), high in protein, fat and calories, potential allergen*

7

SWEET POTATO

high in fiber & vitamin A, naturally great texture for babies

8

CHICKPEA PASTA

Good source of iron, protein & fiber, versatile and easy to prepare

9

TOAST

(Lightly toasted and cut into strips)
Great way to serve nutrient-packed spreads like avocado, yogurt & hummus, potential allergen*

10

STRAWBERRIES

Easy to serve, excellent source of vitamin C (helps with iron absorption)



* A NOTE ON ALLERGENS

Why would I include so many allergens in this list? While most of the research we have on introducing allergens is on eggs and peanuts, most dietitians believe that it's a good idea to go ahead and expose babies to potential allergenic foods to help reduce their risk for allergies to those particular foods. Introduce potentially allergenic foods early and often - as soon as you start solids! You can [read more here](#).

FIND MORE TIPS AND
RECIPES FOR FEEDING
YOUR LITTLE ONE AT
BABYLEDBLISS.COM



Kaleigh McMordie is a food-loving registered dietitian, mom of 2, wife and creator of the blog Baby Led Bliss. Her philosophy on feeding your baby is that it should be joyful, not stressful!

