



SAMPLE SHOPPING LIST¹

NESTLÉ GOOD START formula

GERBER Rice Cereal*

GERBER Oatmeal Cereal*

1ST FOODS fruits & vegetables*

GERBER Soft-Bite Infant Spoon

GRADUATES BUNCH-A-BOWLS

*Also available in GERBER Organic

5-day food tracker

Use the chart below to help you monitor what your baby eats. If your baby has mastered single-ingredient cereals and is ready to start fruit or vegetable purees, here's a sample day to help get you started. You can find more menus for your Supported Sitter online at StartHealthyStayHealthy.com/SSmenus

When expanding your baby's solid-food diet, introduce one new food at a time. Then wait about three days to watch for a food allergy or intolerance such as rash, diarrhea, or vomiting.

	Monday	Tuesday	Wednesday	Thursday	Friday
1ST A.M.	Breastmilk/ formula				
8:00 A.M.	Breastmilk/ formula Infant cereal				
SNACK	Breastmilk/ formula				
LUNCH	Breastmilk/ formula 1ST FOODS fruits or vegetables				
SNACK	Breastmilk/ formula				
DINNER	Breastmilk/ formula Infant cereal				
8:00 P.M.	Breastmilk/ formula				

Please follow your baby's readiness and developmental cues to determine when she can begin eating the foods listed.