

50 First Foods for Babies (6+ Months)

These foods are suitable for babies starting solids at 6 months and above. Make sure to follow the 3-day rule when introducing new foods, watch for allergies, and ensure the texture is age-appropriate (mashed, pureed, or soft-cooked).

- 1. Banana (mashed)
- 2. Apple (steamed & pureed)
- 3. Pear (steamed & mashed)
- 4. Papaya (mashed)
- 5. Chikoo/Sapota (mashed)
- 6. Avocado (mashed)
- 7. Muskmelon (mashed)
- 8. Watermelon (juice or soft finger-sized sticks)
- 9. Carrot (steamed & mashed)
- 10. Pumpkin (steamed & pureed)
- 11. Sweet Potato (steamed & mashed)
- 12. Bottle Gourd/Lauki (steamed & mashed)
- 13. Zucchini (steamed)
- 14. Spinach (pureed)
- 15. Beetroot (steamed & grated)
- 16. Green Peas (mashed)
- 17. Rice (cooked & mashed)
- 18. Suji/ Rava (upma or halwa)
- 19. Oats (porridge)
- 20. Dalia/Broken wheat (porridge)
- 21. Ragi (porridge or pancakes)
- 22. Poha (softened)
- 23. Idli (cut into strips)
- 24. Soft dosa (small pieces)
- 25. Moong dal (cooked soft)
- 26. Masoor dal (well-cooked)
- 27. Mixed dal khichdi
- 28. Boiled egg yolk (crumbled)
- 29. Paneer (soft cubes)
- 30. Curd (plain homemade)
- 31. Dal rice mash
- 32. Vegetable khichdi
- 33. Suji kheer with fruit puree
- 34. Rice with curd
- 35. Ragi banana porridge

- 36. Oats apple porridge
- 37. Ghee
- 38. Hing (asafoetida)
- 39. Jeera (cumin powder)
- 40. Ajwain (carom seeds)
- 41. Steamed carrot sticks
- 42. Soft-cooked apple wedges
- 43. Rice puff chivda (unsalted)
- 44. Ripe banana fingers
- 45. Paneer sticks
- 46. Mango pulp (seasonal)
- 47. Guava (strained or soft pulp)
- 48. Makhana (roasted & crushed)
- 49. Homemade fruit popsicles
- 50. Mixed fruit bowl (mashed)