



OFFER THE Rainbow

RED FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Red bell pepper	Cook and serve as strips or diced	Cook or serve raw as strips or small pieces
Tomato	Quarter lengthwise and offer on a loaded fork; if a larger tomato cut into strips	Quarter lengthwise until age 4; if a larger tomato cut into strips or small pieces
Pomegranate seeds	Cut/smash or blend into a smoothie	Cut/smash or blend into a smoothie until age 4*
Red potato	Roast in oil and cut into strips or wedges; skin can stay on if soft	Roast in oil and cut into strips or dice; skin can stay on if soft
Raspberries	Smash and offer on a loaded fork or slightly squish	Offer whole or cut
Watermelon	Cut into long strip or wedges	Cut into long strip or small pieces and remove skin - watch for seeds!
Apple	Sauté strips in coconut oil or shred	Sauté strips in coconut oil or shred until age 4
Strawberries	Remove stem and cut in half	Remove stem and serve whole, in half or diced

ORANGE FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Sweet potato	Cut into strips and roast {try avocado oil and garlic}	Cut into strips or smaller pieces and roast {try butter and nutmeg/ginger}
Carrot	Cut into strips and cook {steam, roast, sauté}	Cut into strips or dice and cook; serve as shreds or shaved pieces if raw
Butternut squash	Cut into strips and roast {try coconut oil and cinnamon}	Cut into strips or smaller pieces and roast {try olive oil and rosemary}
Cantalope	Cut into wedges {remove skin}	Cut into wedges or small pieces {remove skin}
Orange bell pepper	Cook and serve as strips or diced	Cook and serve as thin strips or small pieces (or serve raw)
Oranges	Cut into wedges and peel back skin so a little is left on the bottom for grip - watch for seeds!	Serve as wedges or small pieces - watch for seeds!
Papaya	Cut into wedges or strips and remove skin - watch for seeds!	Cut into wedges, strips or small pieces and remove skin - watch for seeds!

YELLOW FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Pineapple	Cut into strips or wedge - remove skin and hard center	Cut into strips, wedges or smaller pieces - remove skin and hard center
Lemon	Use to flavor foods - squeeze on cooked salmon, roasted boccoli	Use to flavor foods - squeeze on steamed carrots - or to prevent browning
Mango	Cut into wedges {remove skin}	Cut into wedges or small pieces {remove skin}
Banana	Peel and cut into strips - can leave skin on the bottom for grip	Peel and cut into strips or dice into small pieces
Yellow carrot	Cut into strips and cook {steam, roast, sauté}	Cut into strips or dice and cook; serve as shreds or shaved pieces if raw
Yellow sweet potato	Cut into strips and roast {try avocado oil and rosemary}	Cut into strips or smaller pieces and roast {try ghee and cinnamon}

GREEN FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Green grapes	Quarter lengthwise and serve on a loaded fork	Quarter lengthwise {whole grapes are a choking hazard until 4}
Green pear	If soft - cut into wedges or strips If hard - cut into wedges or strips and sauté with coconut oil	If soft - cut into wedges, strips or small pieces If hard - cut into wedges, strips or small pieces and sauté in coconut oil {hard pears are choking hazards until 4}
Green apple	Thinly slice and sauté in coconut oil or butter	Thinly slice and sauté in coconut oil or butter: shred if serving raw
Lime	Squeeze juice into yogurt or on fruit like watermelon	Squeeze juice into yogurt or on fruit like watermelon
Mini kiwi	Quarter lengthwise and serve on a loaded fork - remove skin if possible	Quarter lengthwise
Zucchini	Cut into strips and steam or roast	Cut into strips or small piece and steam or roast
Avocado	Cut into long wedges and remove skin	Cut into long wedges and remove skin
Brussels sprouts	Remove stem, cut in half, and roast in olive oil and garlic	Remove stem, cut in half, or small pieces and roast in olive oil and garlic
Asparagus	Roast or steam and serve as a whole piece	Roast or steam; can cut in small pieces or serve whole
Kale	Chop, sauté in avocado oil and cook in an omelet; can also blend into a smoothie	Chop, sauté in avocado oil and cook into pasta sauce; can also blend into a smoothie
Green bell pepper	Cut into strips and sauté or roast to soften	Cut into strips and sauté or roast to soften; if serving raw cut into very thin pieces
Cucumber	Remove skin and seeds and serve in long strips	Remove skin and seeds and serve in long strips or small pieces

BLUE/PURPLE FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Beets	Cut into strips or wedges and roast, steam	Cut into strips, wedges or smaller pieces and roast, steam
Red pear	If soft - cut into wedges or strips If hard - cut into wedges or strips and sauté with coconut oil	If soft - cut into wedges, strips or small pieces If hard - cut into wedges, strips or small pieces and sauté in coconut oil {hard pears are choking hazards until 4}
Purple cabbage	Shred and soften by cooking	Shred and soften by cooking or cut into small pieces
Grapes	Quarter lengthwise and serve on a loaded fork or mixed into yogurt	Quarter lengthwise {choking hazard until 4}
Red onion	Thinly slice and cook with vegetable medley or in pasta sauce	Dice and use to flavor sauces, pasta dishes, casseroles or veggies {cooked}
Blackberries	Cut into quarters and serve on a loaded fork	Cut into quarters or in half
Figs {dried}, can use fresh	Fresh - quarter Dried - quarter and cook into oatmeal to soften	Fresh - quarter Dried - quarter and cook into oatmeal to soften; can serve without cooking if soft
Blueberries	Squish and serve plain, on toast strips, in yogurt etc.	Serve whole, halved or squished {not choking hazard unless very large}
Purple carrots	Cut into strips and cook {steam, roast, sauté}	Cut into strips or dice and cook; serve as shreds or shaved pieces if raw
Eggplant	Remove skin/seeds and cut into strips; sauté in olive oil and garlic	Remove skin/seeds and cut into strips or small pieces; sauté in olive oil and garlic

WHITE/BEIGE FOODS

Food	Babies (6+ months)	Toddlers (12+ months)
Cauliflower	Cut into florets {big enough for baby to grab} and steam, roast or sauté	Cut into florets or smaller pieces and steam, roast or sauté
White onion	Thinly slice and cook with a vegetable medley like carrots, parsnips, potatoes	Dice and use flavor sauces, pasta dishes, casseroles and veggies
Garlic	Dice and cook in olive oil with veggies	Dice and cook in olive oil with veggies or add to entrée dishes
White potato	Cut into a wedge or strip and roast with olive oil and garlic	Cut into a wedge, strip or small pieces and roast with olive oil and garlic
Leek	Thinly slice and cook with veggies {cauliflower, broccoli} for flavoring	Thinly slice and cook with veggies {purple carrots, zucchini} for flavoring
Mushroom	Cut into wedges or thin pieces and sauté with olive oil, garlic and rosemary	Cut into thin pieces or chop and sauté with olive oil, garlic and basil - stir into sauces or put on top of burgers