

OFFER THE RAINBOW

Food	Babies (6+ months)	Toddler (12+ months)
Red Foods		
Red bell pepper	Cut into strips and sauté or roast to soften	Cut into strips or small pieces and sauté or roast to soften; if serving raw cut into very thin pieces
Tomato	Quarter lengthwise and offer on a loaded fork; if a larger tomato cut into strips	Quarter lengthwise until age 4; if 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 olive oil and cut into strips or wedges; skin can stay on if soft	Roast in avocado oil and cut into strips or dices; skin can stay on if soft
Raspberries	Smash and offer on a loaded fork	Offer whole or cut
Watermelon	Cut into long strips or wedges	Cut into long strips, wedges or small pieces
Red apple	Sauté strips in coconut oil or shred and serve raw/cooked	Sauté strips in coconut oil or shred and served raw/cooked {choking hazard until age 4}
Strawberries	Remove stem and cut in half	Remove stem and serve whole, in half of diced
Orange Foods		
Sweet potato	Cut into strips and roast {try olive 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}
Cantaloupe	Cut into wedges {remove skin}	Cut into wedges or small pieces {remove skin}
Orange bell pepper	Cut into strips and sauté or roast to soften	Cut into strips or small pieces and sauté or roast to soften; if serving raw cut into very thin pieces
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!

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Yellow Foods		
Pineapple	Cut into strips or wedges – remove skin and hard center	Cut into strips, wedges or small pieces – remove skin and hard center
Lemon	Use to flavor foods – squeeze on cooked salmon, roasted broccoli	Use to flavor foods {squeeze on steamed carrots} or to prevent browning {pears}
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		
Green grapes	Quarter lengthwise and serve on a loaded fork	Quarter lengthwise {whole grapes are choking hazards til 4}
Green pear	If soft – cut into wedges or strips If hard – cut into wedges or strips and sauté in 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
Green apple	Thinly slice and sauté in coconut oil or butter	Thinly slice and sauté in coconut oil or butter; shred if serving raw {choking hazard til 4}
Lime	Squeeze juice into yogurt or on fruit like watermelon	Squeeze juice on cooked fish or blend with watermelon to make popsicles
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 pieces and steam or roast
Avocado	Cut into long wedges and remove skin	Cut into long wedges or small pieces and remove skin
Broccoli	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
Brussels sprouts	Remove skin, 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	Remove hard stem {snap off bottom} and roast/steam	Remove hard stem {snap off bottom} and roast/steam; serve whole or in small pieces
Kale	Chop, sauté in avocado oil and cook in an omelet; can also blend in a smoothie	Chop, sauté in avocado oil and cook in an omelet; can also blend in a smoothie
Green bell pepper	Cut into strips and sauté or roast to soften	Cut into strips or small pieces and sauté or roast to soften; if serving raw cut into very thin pieces
Cucumber	Remove skin and seeds and serve as long strips	Remove skin and seeds and serve in long strips or as small pieces

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Blue/Purple Foods		
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 a choking hazard 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 or mixed into yogurt	Cut into quarters or 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 a choking hazard unless very large}
Prunes	Quarter and cook in hot water to soften	Quarter and add hot water to soften; can serve without cooking if soft
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 {choking hazard until 4 if raw and whole}
Eggplant	Cut into strips and sauté in olive oil and garlic	Cut into strips or small pieces and sauté in olive oil and garlic
White/Beige Foods		
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 to 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 avocado oil	Cut into wedges, strips 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 small pieces or chop and sauté with olive oil, garlic and basil – stir into sauces or put on top of burgers