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Resources

1. **Born to Eat: Whole, Healthy Foods from Baby’s First Bite**
   By Wendy Jo Peterson, MS, RD and Leslie Schilling, MA, RDN, CSSD
   www.borntoeatbook.com

2. Hass Avocado Board
   Website about Avocados, Babies, Toddlers and Newborns
   https://www.avocadocentral.com/nutrition/nutrients-in-avocado/avocados-babies

3. 100 Foods for Your Baby to Try Before Turning One
   by Katie Ferraro, MPH, RDN, CDE
   www.100babyfoods.com

4. The Self-Feeding Baby: A step-by-step guide to starting solids with baby-led weaning
   Five-hour self-paced digital course for Registered Dietitian Nutritionists
   https://fortifiedfam.clickfunnels.com/sales-page

References


   https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Switching-To-Solid-Foods.aspx


