

BABY'S FIRST FOODS

TRACKING CHART

GRAINS

Barley	●	●	●	●
Bread	●	●	●	●
Couscous	●	●	●	●
Oatmeal	●	●	●	●
Pasta	●	●	●	●
Rice	●	●	●	●
Tortilla	●	●	●	●

HERBS AND SPICES

Basil	●	●	●	●
Cinnamon	●	●	●	●
Dill	●	●	●	●
Garlic	●	●	●	●
Ginger	●	●	●	●
Mint	●	●	●	●
Nutmeg	●	●	●	●
Onion	●	●	●	●
Paprika	●	●	●	●
Pepper	●	●	●	●
Rosemary	●	●	●	●
Turmeric	●	●	●	●

PROTEIN

Beef	●	●	●	●
Black Beans	●	●	●	●
Chia Seeds	●	●	●	●
Chicken	●	●	●	●
Chickpeas	●	●	●	●
Flaxseed	●	●	●	●
Hemp Seeds	●	●	●	●
Kidney Beans	●	●	●	●
Lamb	●	●	●	●
Pork	●	●	●	●
Salmon	●	●	●	●
Tofu	●	●	●	●
Tuna	●	●	●	●
Turkey	●	●	●	●
White Beans	●	●	●	●

DAIRY

Butter	●	●	●	●
Cheddar	●	●	●	●
Cottage	●	●	●	●
Goat Cheese	●	●	●	●
Mozzarella	●	●	●	●
Parmesan	●	●	●	●
Ricotta	●	●	●	●
Yoghurt	●	●	●	●

COMMON ALLERGENS

Cow's Milk	●	●	●	●
Eggs	●	●	●	●
Fish	●	●	●	●
Peanuts	●	●	●	●

FRUIT

Apple	●	●	●	●
Apricot	●	●	●	●
Avocado	●	●	●	●
Banana	●	●	●	●
Blackberry	●	●	●	●
Blueberry	●	●	●	●
Cantaloupe	●	●	●	●
Cherry	●	●	●	●
Cranberry	●	●	●	●
Fig	●	●	●	●
Grapefruit	●	●	●	●
Grapes	●	●	●	●
Kiwi Fruit	●	●	●	●
Lemon	●	●	●	●
Lime	●	●	●	●
Mango	●	●	●	●
Nectarine	●	●	●	●
Orange	●	●	●	●
Papaya	●	●	●	●
Peach	●	●	●	●
Pear	●	●	●	●
Pineapple	●	●	●	●
Plum	●	●	●	●
Prunes	●	●	●	●
Raspberry	●	●	●	●
Strawberry	●	●	●	●
Watermelon	●	●	●	●

Sesame	●	●	●	●
Shellfish	●	●	●	●
Soy	●	●	●	●
Tree Nuts	●	●	●	●
Wheat	●	●	●	●

VEGETABLES

Asparagus	●	●	●	●
Beetroot	●	●	●	●
Bell Pepper	●	●	●	●
Broccoli	●	●	●	●
Carrots	●	●	●	●
Cauliflower	●	●	●	●
Corn	●	●	●	●
Cucumber	●	●	●	●
Eggplant	●	●	●	●
Green Beans	●	●	●	●
Kale	●	●	●	●
Leek	●	●	●	●
Mushroom	●	●	●	●
Parsnips	●	●	●	●
Peas	●	●	●	●
Potato	●	●	●	●
Pumpkin	●	●	●	●
Spinach	●	●	●	●
Squash	●	●	●	●
Sweet Potato	●	●	●	●
Tomato	●	●	●	●
Zucchini	●	●	●	●

OTHER FOODS

.....	●	●	●	●
.....	●	●	●	●
.....	●	●	●	●
.....	●	●	●	●
.....	●	●	●	●
.....	●	●	●	●
.....	●	●	●	●

INSTRUCTIONS

Thank you so much for downloading our 'First Foods' tracker!

It's full of suggestions for nutritious foods to try, from fruits and veggies, to grains, dairy and proteins.

Each food has 4 “check boxes” beside it. As you serve that particular food, check off one of the boxes.

Remember, it can take multiple tries for little taste buds to decide whether or not they like a certain food, so this will help you track your attempts and serve as a reminder to be patient and keep trying!

For any foods you'd like to try, but are not listed, just add them to the “Other Foods” section that has been left blank.

Enjoy!