

# Baby's first foods chart



## Vegetables

Avocado	○○○○
Beetroot	○○○○
Broccoli	○○○○
Butternut Squ	○○○○
Cabbage	○○○○
Carrot	○○○○
Cauliflower	○○○○
Celery	○○○○
Corn	○○○○
Cucumber	○○○○
Eggplant	○○○○
Green bean	○○○○
Mushroom	○○○○
Onion	○○○○
Parsnip	○○○○
Peas	○○○○
Pepper	○○○○
Potato	○○○○
Spinach	○○○○
Sweet potato	○○○○
Tomato	○○○○
Zucchini	○○○○
_____	○○○○
_____	○○○○

Offer savory veggies too, not just sweet ones!

## Herbs & Spices

Basil	○○○○
Black Pepper	○○○○
Cardamom	○○○○
Cinnamon	○○○○
Coriander	○○○○
Ginger	○○○○
Turmeric	○○○○
Rosemary	○○○○
Mint	○○○○
Thyme	○○○○
Paprika	○○○○
_____	○○○○
_____	○○○○

## Example

Check when tried ✓○○○○

## Textures for learning:

Offer mashed, textured and finger foods when baby is ready.

## Fruits

Apple	○○○○
Apricot	○○○○
Banana	○○○○
Blackberry	○○○○
Blueberry	○○○○
Cantaloupe	○○○○
Coconut	○○○○
Figs	○○○○
Grapefruit	○○○○
Grapes	○○○○
Kiwi	○○○○
Lemon	○○○○
Mango	○○○○
Nectarine	○○○○
Oranges	○○○○
Peach	○○○○
Pear	○○○○
Pineapple	○○○○
Plums	○○○○
Pomegranate	○○○○
Raspberry	○○○○
Strawberry	○○○○
Watermelon	○○○○
_____	○○○○
_____	○○○○

Gagging is normal but watch for choking:

- **Silent** or **struggling** to breathe
- **Changing colour** (blue/grey).
- **Floppy/unresponsive**

If choking call 911 and follow first-aid steps.

## Proteins

Beans	○○○○
Beef	○○○○
Chicken	○○○○
Chickpeas	○○○○
Cod	○○○○
Eggs	○○○○
Lamb	○○○○
Lentils	○○○○
Pork	○○○○
Salmon	○○○○
Tofu	○○○○
Tuna	○○○○
Turkey	○○○○
_____	○○○○
_____	○○○○

Introduce common allergens from 6 months in tiny amounts **one at a time.**

## Allergens

Celery	○○○○
Eggs	○○○○
Fish	○○○○
Milk	○○○○
Peanuts	○○○○
Sesame	○○○○
Shellfish	○○○○
Soy	○○○○
Tree nuts	○○○○
Wheat	○○○○
_____	○○○○
_____	○○○○

Follow **AAP guidance** for starting solids safely:

<https://www.aap.org/>

## Grains

Bread	○○○○
Couscous	○○○○
Noodles	○○○○
Oatmeal	○○○○
Orzo	○○○○
Pasta	○○○○
Quinoa	○○○○
Rice	○○○○
_____	○○○○
_____	○○○○

**No honey before 12 months.** Don't add salt or sugar to baby's food.

## Dairy

Butter	○○○○
Milk	○○○○
Cheese	○○○○
Yogurt	○○○○
Cream Cheese	○○○○
Kefir	○○○○
Sour cream	○○○○
_____	○○○○
_____	○○○○

## Your Own

_____	○○○○
_____	○○○○
_____	○○○○
_____	○○○○
_____	○○○○

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