

Baby's First Foods Checklist

Protein

- Beef
- Bison
- Turkey
- Chicken
- Sausage
- Pork
- Lamb
- Bone Broth

Vegetables

- Bell Pepper
- Asparagus
- Green Beans
- Cucumber
- Beets
- Acorn Squash
- Butternut Squash
- Parsnip
- Cabbage
- Spaghetti Squash
- Kale
- Delicata Squash
- Sweet Potatoes
- Potatoes
- Carrots
- Brussels Sprouts
- Spinach
- Celery
- Broccoli
- Cauliflower
- Pumpkin
- Zucchini
- Tomato
- Mushrooms

Other

- _____
- _____
- _____

Nuts

- Almonds
- Pecans
- Cashews**
- Walnuts **
- Pine Nuts
- Hazelnut
- Pistachio

Fruits

- Honeydew Melon
- Raspberries
- Blueberries
- Orange
- Kiwi
- Mango
- Pineapple
- Avocado
- Cranberry
- Lemon
- Watermelon
- Pear
- Lime
- Apple
- Banana
- Plum
- Strawberries
- Cherries
- Peaches

Grains & Seeds

- Brown Rice
- Quinoa
- Pasta
- Oatmeal
- Couscous
- Pumpkin Seeds
- Chia Seed
- Hemp Seed

Legumes

- Lentil
- Corn
- Black Beans
- Cannellini Beans
- Kidney Beans
- Chickpeas /Garbanzo Beans

Dairy**

- Mozzarella Cheese
- Goat Cheese
- Swiss Cheese
- Gruyere Cheese
- Ricotta Cheese
- Yogurt

Herbs & Spices

- Mint
- Basil
- Cilantro
- Rosemary
- Cinnamon
- Garlic
- Ginger
- Cumin
- Sage
- Paprika
- Turmeric

Allergens

- Eggs
- Dairy (see full category)
- Fish
- Shell Fish
- Soy
- Peanuts
- Tree Nuts
- Wheat

**Indicates common food allergen

