100 First Foods

Tick each food when your baby tries it. Mark a dot each time you offer it — new foods often take a few tries.

Baby's name _____

Started on _____

☐ tried ○○○ offered 1 · 2 · 3 times (milk) common allergen (US top 9)

Vegetables 22

- ☐ Zucchini ○○○
- ☐ Sweet potato ○○○
- ☐ Carrot ○○○
- ☐ Butternut squash ○○○
- ☐ Pumpkin ○○○
- ☐ Broccoli ○○○
- ☐ Cauliflower ○○○
- ☐ Green beans ○○○
- ☐ Peas ○○○
- ☐ Spinach ○○○
- ☐ Kale ○○○
- ☐ Beet ○○○
- ☐ Potato ○○○
- ☐ Parsnip ○○○
- ☐ Cucumber ○○○
- ☐ Bell pepper ○○○
- ☐ Tomato ○○○
- ☐ Eggplant ○○○
- ☐ Asparagus ○○○
- ☐ Corn ○○○
- ☐ Mushrooms ○○○
- ☐ Cabbage ○○○

Fruits 20

- ☐ Avocado ○○○
- ☐ Banana ○○○
- ☐ Apple ○○○
- ☐ Pear ○○○
- ☐ Peach ○○○
- ☐ Apricot ○○○
- ☐ Plum ○○○
- ☐ Mango ○○○
- ☐ Papaya ○○○
- ☐ Blueberries ○○○
- ☐ Strawberries ○○○
- ☐ Raspberries ○○○
- ☐ Kiwi ○○○
- ☐ Melon ○○○
- ☐ Watermelon ○○○
- ☐ Orange ○○○
- ☐ Grapes ○○○
- ☐ Cherries ○○○
- ☐ Pineapple ○○○
- ☐ Prunes ○○○

Grains 12

- ☐ Oats ○○○
- ☐ Rice ○○○
- ☐ Quinoa ○○○
- ☐ Barley ○○○
- ☐ Millet ○○○
- ☐ Buckwheat ○○○
- ☐ Pasta (wheat) ○○○
- ☐ Bread (wheat) ○○○
- ☐ Couscous (wheat) ○○○
- ☐ Polenta ○○○
- ☐ Amaranth ○○○
- ☐ Wheat cereal (wheat) ○○○

Meat & poultry 8

- ☐ Chicken ○○○
- ☐ Turkey ○○○
- ☐ Beef ○○○
- ☐ Lamb ○○○
- ☐ Pork ○○○
- ☐ Liver ○○○
- ☐ Duck ○○○
- ☐ Rabbit ○○○

Fish & seafood 7

- ☐ Salmon (fish) ○○○
- ☐ Cod (fish) ○○○
- ☐ Sardines (fish) ○○○
- ☐ Trout (fish) ○○○
- ☐ Pollock (fish) ○○○
- ☐ Shrimp (shellfish) ○○○
- ☐ Crab (shellfish) ○○○

Beans & legumes 8

- ☐ Lentils ○○○
- ☐ Chickpeas ○○○
- ☐ Black beans ○○○
- ☐ Kidney beans ○○○
- ☐ White beans ○○○
- ☐ Tofu (soy) ○○○
- ☐ Edamame (soy) ○○○
- ☐ Hummus (sesame) ○○○

Dairy 6

- ☐ Plain yogurt (milk) ○○○
- ☐ Cheese (milk) ○○○
- ☐ Cottage cheese (milk) ○○○
- ☐ Butter (milk) ○○○
- ☐ Kefir (milk) ○○○
- ☐ Ricotta (milk) ○○○

Eggs, nuts & seeds 7

- ☐ Egg (egg) ○○○
- ☐ Peanut butter (peanut) ○○○
- ☐ Almond butter (tree nut) ○○○
- ☐ Cashew butter (tree nut) ○○○
- ☐ Tahini (sesame) ○○○
- ☐ Chia seeds ○○○
- ☐ Hemp seeds ○○○

Herbs & spices 10

- ☐ Cinnamon ○○○
- ☐ Cumin ○○○
- ☐ Garlic ○○○
- ☐ Ginger ○○○
- ☐ Basil ○○○
- ☐ Dill ○○○
- ☐ Parsley ○○○
- ☐ Mint ○○○
- ☐ Paprika ○○○
- ☐ Turmeric ○○○

Honey and cow's milk as a main drink are not recommended before 12 months. Whole nuts, whole grapes and other small round foods are choking hazards — always prepare food in an age-appropriate way. This checklist is for tracking only and is not medical advice: talk to your pediatrician about when and how to start solids and allergens.



Pudding: Starting Solids Diary

Track first foods, reactions and allergens on your phone.

Free on the App Store
apps.apple.com/app/id6789296295