

# BABY'S FIRST FOODS CHECKLIST

## FRUITS

Banana  
Apple  
Orange  
Avocado  
Peach  
Plum  
Cantaloupe  
Blueberry  
Kiwi  
Cherry  
Grapefruit  
Pineapple  
Papaya  
Fig  
Watermelon  
Strawberry  
Cucumber  
Blackberry  
Dragon fruit  
Lychee  
Mango

## ALLERGENS

Tree  
Nuts  
Peanuts  
Wheat  
Soybeans  
Sesame

## VEGETABLES

Broccoli  
Carrots  
Potato  
Onions  
Mushroom  
Garlic  
Zucchini  
Eggplant  
Sweet  
Potato  
Radish  
Beets

## SPICES

Paprika  
Garlic  
Cloves  
Cinnamon  
Coriander  
Dill  
Fennel  
Cumin  
Allspice  
Anise  
Cilantro  
Paprika  
Turmeric

## LEGUMES

Lentil  
Kidney Bean  
Red Bean  
White Bean  
Black-Eyed Pea  
Mung Bean  
Edamame  
Split Pea

## GRAINS

White Rice  
Wild Rice  
Quinoa  
Oats  
Brown Rice  
Millet  
Corn

