



Baby's First Foods

keep track of what baby liked (+) and what baby didn't (-)

Fruits

- apple
- banana
- pears
- strawberries
- cherries
- raspberries
- peaches
- watermelon
- Grapes
- Lemon
- Oranges

Vegetables

- green beans
- peas
- corn
- carrots
- beets
- broccoli
- avocado
- asparagus
- sweet potatoes
- tomatoes
- potatoes
- pumpkin
- zucchini

Grains

- rice
- oats
- barley

Spices

- cinnamon
- garlic
- pepper
- basil
- rosemary
- paprika

Dairy

- Cheese
- Yogurt

Meats

- Chicken
- Hamburger
- Fish
- Sausage

Other foods

- Peanut Butter
- Eggs
- _____
- _____
- _____
- _____