

100 first foods to try

sito

Variety, not a race. Tick a food when your baby tastes it. Offer it again another day.

Every food here can be served from 6 months, soft and cut as the Sito card shows; grey words give the shape for small or round foods. **egg** marks one of the nine common allergens; **iron** marks an iron-rich food.

VEGETABLES

- ☐ Sweet potato
- ☐ Carrot
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Butternut squash
- ☐ Pumpkin
- ☐ Green beans
- ☐ Spinach **iron**
- ☐ Kale
- ☐ Beet (beetroot)
- ☐ Bell pepper
- ☐ Asparagus
- ☐ Potato
- ☐ Parsnip
- ☐ Leek
- ☐ Bok choy
- ☐ Eggplant
- ☐ White button mushroom
- ☐ Cabbage
- ☐ Brussels sprouts **iron**
- ☐ Okra

FRUITS

- ☐ Banana
- ☐ Avocado
- ☐ Apple
- ☐ Pear
- ☐ Mango
- ☐ Peach
- ☐ Plum
- ☐ Strawberry mashed
- ☐ Blueberries burst or smashed
- ☐ Raspberry
- ☐ Watermelon
- ☐ Cantaloupe long strip
- ☐ Kiwi
- ☐ Orange
- ☐ Papaya
- ☐ Prune
- ☐ Grape cooked, mashed
- ☐ Cherry pitted, chopped fine
- ☐ Pineapple

GRAINS

- ☐ Infant cereal **iron**
- ☐ Oats
- ☐ Rice
- ☐ Quinoa **iron**
- ☐ Barley
- ☐ Millet
- ☐ Cornmeal (polenta)
- ☐ Buckwheat
- ☐ Amaranth seed **iron**
- ☐ Corn cob, or mashed

MEAT, POULTRY AND EGGS

- ☐ Ground beef mixed into mash **iron**
- ☐ Steak **iron**
- ☐ Chicken **iron**
- ☐ Turkey **iron**
- ☐ Lamb **iron**
- ☐ Pork **iron**
- ☐ Beef liver 1 tsp, once a week **iron**
- ☐ Chicken liver 1 tsp, once a week **iron**
- ☐ Egg **egg iron**

FISH AND SHELLFISH

- ☐ Salmon **fish**
- ☐ Sardines **fish iron**
- ☐ Cod **fish**
- ☐ Tuna (skipjack, light) **fish iron**
- ☐ Trout **fish**
- ☐ Shrimp minced fine **shellfish**

BEANS, LENTILS AND SOY

- ☐ Lentil **iron**
- ☐ Red lentils **iron**
- ☐ Chickpea mashed **iron**
- ☐ Black beans mashed **iron**
- ☐ Kidney beans mashed **iron**
- ☐ Pinto bean mashed **iron**
- ☐ Peas (garden) mashed **iron**
- ☐ Edamame mashed **soy iron**
- ☐ Tofu **soy iron**
- ☐ Hummus **sesame**

DAIRY

- ☐ Yogurt **milk**
- ☐ Cheese **milk**
- ☐ Cottage cheese **milk**
- ☐ Ricotta cheese **milk**
- ☐ Mozzarella cheese **milk**
- ☐ Kefir **milk**

WHEAT FOODS

- ☐ Pasta **wheat**
- ☐ Bread **wheat iron**
- ☐ Couscous **wheat**

NUTS AND SEEDS

- ☐ Peanut butter smooth, thinned **peanut**
- ☐ Almond butter thinned **tree nut iron**
- ☐ Cashew butter thinned **tree nut iron**
- ☐ Walnut ground fine **tree nut**
- ☐ Tahini thinned **sesame iron**
- ☐ Chia seeds ground or soaked **iron**
- ☐ Hemp seed ground **iron**

HERBS AND SPICES

- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic
- ☐ Ginger
- ☐ Basil
- ☐ Turmeric
- ☐ Dill

FATS

- ☐ Olive oil

- Always stay with your baby while they eat
- Soft, and cut to your baby's age: no whole nuts, whole grapes, popcorn or raw hard chunks
- No honey before 12 months
- Severe eczema or an egg allergy? Ask your doctor before peanut

How to serve all 583 foods, by age: Sito. Scan for this list online, with how to serve each food. Sources: AAP, CDC, NHS, WHO, ASCIA. Not medical advice.



sito.kids