

# First foods tracker

HEALTHY  
BEGINNINGS



## Iron-rich foods

Almonds	000
Beef	000
Black beans	000
Brazil nuts	000
Butterbeans	000
Cannellini beans	000
Cashews	000
Chia seeds	000
Chicken	000
Chickpeas	000
Eggs	000
Hemp seeds	000
Kidney beans	000
Lamb	000
Lentils	000
Peanuts	000
Pistachio	000
Pork	000
Pumkin seeds	000
Salmon	000
Sardines	000
Sesame/tahini	000
Shellfish	000
Sunflower seeds	000
Tofu	000
Tuna	000
Turkey	000
White fish	000
_____	000
_____	000

## Vegetables

Asparagus	000
Beetroot	000
Broccoli	000
Cabbage	000
Carrot	000
Cauliflower	000
Celery	000
Cucumber	000
Eggplant	000
Garlic	000
Ginger	000
Lettuce	000
Mint	000
Peas	000
Potato	000
Pumpkin	000
Rosemary	000
Shallot	000
Spinach	000
Sweet potato	000
Tomato	000
Zucchini	000
_____	000
_____	000
_____	000
_____	000
_____	000
_____	000
_____	000
_____	000

## Grains & cereals

Rice	000
Bread	000
Pasta	000
Noodles	000
Barley	000
Quinoa	000
Couscous	000
Weet-bix	000
Oats	000
_____	000
_____	000
_____	000

## Fruit







Apple	000
Avocado	000
Banana	000
Blueberry	000
Kiwi fruit	000
Mango	000
Orange	000
Pear	000
Pineapple	000
Prunes	000
Raspberry	000
Rockmelon	000
Strawberry	000
Watermelon	000
_____	000
_____	000
_____	000
_____	000
_____	000
_____	000
_____	000

## Dairy

Cottage cheese	000	Plain yoghurt	000
Goats cheese	000	Halloumi cheese	000
Mozzarella	000	_____	000
Ricotta cheese	000	_____	000

This is only a guide of suggested foods. Start by choosing the foods that you and your family eat. You may need to modify the texture of foods, so it is safe for your baby. For more information, visit <http://www.healthybeginnings.net.au/>

# Food Allergy Tracker

<b>Common Allergen</b> Examples	<b>First taste</b>	<b>Second taste</b>	<b>Third taste</b>
<b>Eggs</b> Boiled or scrambled egg Omelette or frittata Muffins, pancakes or slices 			
<b>Peanut</b> Smooth peanut butter Finely ground peanuts 			
<b>Tree nuts</b> Smooth nut butter Finely ground nuts Almonds, cashews, etc 			
<b>Wheat</b> Weet-bix Pasta Muffins Toast fingers 			
<b>Cow's milk products</b> Yoghurt Cheese Cow's milk used in baking or added to cereal 			
<b>Soy</b> Tofu Soy milk Edamame 			
<b>Sesame</b> Tahini Ground seeds 			
<b>Fish</b> Salmon Tuna Avoid fish high in mercury 			
<b>Shellfish</b> Prawns Crab Mussels 