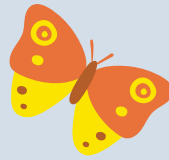


Nutrino



Baby's First Foods Checklist

Use our checklist to track what your baby has tried—and how they responded. It's a simple way to stay organized and make weaning smoother, safer, and more enjoyable.



Vegetables

	Spinach		☐		☐
	Sweet potato		☐		☐
	Carrot		☐		☐
	Broccoli		☐		☐
	Parsnip		☐		☐
	Green beans		☐		☐
	Bell pepper		☐		☐
	Peas		☐		☐
	Butternut squash		☐		☐
	Kale		☐		☐
	Courgette		☐		☐
	Cucumber		☐		☐
	Sweetcorn		☐		☐
	Cauliflower		☐		☐
	Asparagus		☐		☐

Fruits

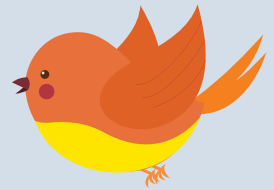
	Avocado		☐		☐
	Peach		☐		☐
	Tomato		☐		☐
	Strawberries		☐		☐
	Raspberries		☐		☐
	Plum		☐		☐
	Pear		☐		☐
	Papaya		☐		☐
	Apple		☐		☐
	Kiwi		☐		☐
	Watermelon		☐		☐
	Blueberries		☐		☐
	Banana		☐		☐
	Apricot		☐		☐
	Mango		☐		☐

Carbohydrates

	Oats		☐		☐
	Rice		☐		☐
	Quinoa		☐		☐
	Bulgur wheat		☐		☐
	Chickpeas		☐		☐
	Couscous		☐		☐
	Bread		☐		☐
	Lentils		☐		☐
	Pasta		☐		☐

Dairy (pasteurised)

	Greek yoghurt		☐		☐
	Cheese		☐		☐
	Cow's milk		☐		☐



Protein

	Tofu		☐		☐
	Beef		☐		☐
	Chicken		☐		☐
	Turkey		☐		☐
	White Fish		☐		☐
	Salmon		☐		☐
	Eggs		☐		☐
	Tree nuts & Peanuts		☐		☐



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Baby's First Foods Checklist