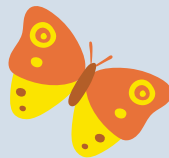


**Nutrino**

# Bebine prve namirnice

Koristite ovu listu kako biste pratili koje je namirnice vaša beba probala - i kako je reagovala.

Ovo je jednostavan način da ostanete organizovani i učinite uvođenje čvrste hrane lakšim, bezbednijim i prijatnijim.



## Povrće

|                                                                                     |                 |                                                                                     |                          |                                                                                     |                          |
|-------------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|--------------------------|
|  | Spanać          |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Batat           |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Šargarepa       |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Brokoli         |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Paškanat        |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Boranija        |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Paprika         |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Grašak          |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Tikva           |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kelj            |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Tikvica         |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Krastavac       |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kukuruz šećerac |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Karfiol         |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Špargla         |  | <input type="checkbox"/> |  | <input type="checkbox"/> |

## Voće

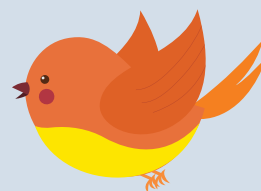
|                                                                                     |           |                                                                                       |                          |                                                                                       |                          |
|-------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------|--------------------------|---------------------------------------------------------------------------------------|--------------------------|
|  | Avokado   |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Breskva   |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Paradajz  |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Jagoda    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Malina    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Šljiva    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kruška    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Papaja    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Jabuka    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kivi      |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Lubenica  |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Borovnica |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Banana    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kajsija   |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Mango     |  | <input type="checkbox"/> |  | <input type="checkbox"/> |

## Ugljeni hidrati

|                                                                                   |           |                                                                                   |                          |                                                                                   |                          |
|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|--------------------------|-----------------------------------------------------------------------------------|--------------------------|
|  | Ovas      |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Pirinač   |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kinoa     |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Bulgur    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Leblebije |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kuskus    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Hleb      |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Sočivo    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Testenina |  | <input type="checkbox"/> |  | <input type="checkbox"/> |

## Mlečni proizvodi (pasterizovani)

|                                                                                   |               |                                                                                     |                          |                                                                                     |                          |
|-----------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|--------------------------|
|  | Grčki jogurt  |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Sir           |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Kravlje mleko |  | <input type="checkbox"/> |  | <input type="checkbox"/> |



## Proteini

|                                                                                     |                             |                                                                                     |                          |                                                                                     |                          |
|-------------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------------------|--------------------------|-------------------------------------------------------------------------------------|--------------------------|
|  | Tofu                        |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Govedina                    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Piletina                    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Ćuretina                    |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Bela riba                   |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Losos                       |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | jaja                        |  | <input type="checkbox"/> |  | <input type="checkbox"/> |
|  | Orašasti plodovi i kikiriki |  | <input type="checkbox"/> |  | <input type="checkbox"/> |



Nutrino

**Bebine prve  
namirnice**