

Top 50 First Foods Checklist

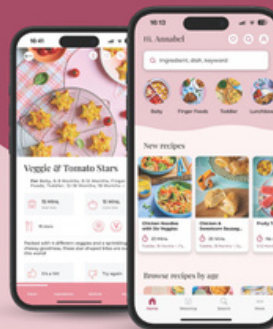


Whether you are spoon-feeding or baby-led weaning with finger foods, here are my top 50 nutritious first foods to explore with your baby.

Annabel Karmel

the **Baby** show

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Learn how to safely prep these foods and prepare delicious nutritious recipes for your baby on Annabel's award-winning app.

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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	☐	☐	☐

babies grow more rapidly in their first year than in any other time in their life. Protein and iron are essential for your baby's growth and development.

Protein

	tofu	☒	☐	☐	☐
	beef	☐	☐	☐	☐
	chicken	☐	☐	☐	☐
	turkey	☐	☐	☐	☐
	white fish	☐	☐	☐	☐
	salmon	☐	☐	☐	☐
	eggs	☐	☐	☐	☐
	tree nuts & peanuts	☐	☐	☐	☐

Carbohydrates

	oats	☒	☐	☐	☐
	rice	☐	☐	☐	☐
	quinoa	☐	☐	☐	☐
	bulgur wheat	☐	☐	☐	☐
	chickpeas	☐	☐	☐	☐
	couscous	☐	☐	☐	☐
	bread	☐	☐	☐	☐
	lentils	☐	☐	☐	☐
	pasta	☐	☐	☐	☐

your baby will require approximately 40% of their total daily energy intake from carbohydrates to provide them with the energy they need to thrive.

whole pasteurised (full-fat) milk can be used in cooking or mixed with food from around 6 months. Avoid giving as a drink until your baby is 12 months.

Dairy (pasteurised)

	greek yoghurt	☒	☐	☐	☐
	cheese	☐	☐	☐	☐
	cow's milk	☐	☐	☐	☐

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Award-winning Baby & Toddler Recipe App

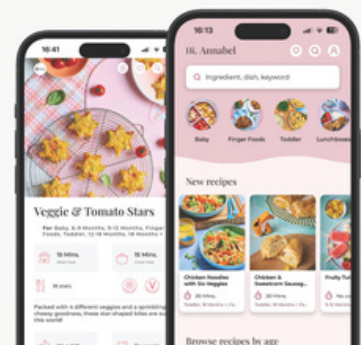
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