

First Foods Tracker

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 [karitane.com.au](https://www.karitane.com.au)

IRON-RICH FOODS

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

VEGETABLES

Asparagus	☐	☐	☐
Beetroot	☐	☐	☐
Broccoli	☐	☐	☐
Cabbage	☐	☐	☐
Carrot	☐	☐	☐
Cauliflower	☐	☐	☐
Celery	☐	☐	☐
Cucumber	☐	☐	☐
Eggplant	☐	☐	☐
Garlic	☐	☐	☐
Ginger	☐	☐	☐
Lettuce	☐	☐	☐
Mint	☐	☐	☐
Peas	☐	☐	☐
Potato	☐	☐	☐
Pumpkin	☐	☐	☐
Rosemary	☐	☐	☐
Shallot	☐	☐	☐
Spinach	☐	☐	☐
Sweet potato	☐	☐	☐
Tomato	☐	☐	☐
Zucchini	☐	☐	☐
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GRAINS & CEREALS

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

FRUIT

Apple	☐	☐	☐
Avocado	☐	☐	☐
Banana	☐	☐	☐
Blueberry	☐	☐	☐
Kiwi fruit	☐	☐	☐
Mango	☐	☐	☐
Orange	☐	☐	☐
Pear	☐	☐	☐
Pineapple	☐	☐	☐
Prunes	☐	☐	☐
Raspberry	☐	☐	☐
Rockmelon	☐	☐	☐
Strawberry	☐	☐	☐
Watermelon	☐	☐	☐
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DAIRY

Cottage cheese	☐	☐	☐
Goats cheese	☐	☐	☐
Mozzarella	☐	☐	☐
Ricotta cheese	☐	☐	☐
Plain yoghurt	☐	☐	☐
_____	☐	☐	☐



Food Allergy Tracker

Keep offering the common allergy causing foods once you introduce them. If your family does not eat a particular food, you may choose not to introduce that particular food to your baby. The National Allergy Council's Nip Allergies in the Bub website contains information about how to introduce the common allergy causing foods preventallergies.org.au

COMMON ALLERGEN	TASTE 1	TASTE 2	TASTE 3	TASTE 4	TASTE 5	TASTE 6
Examples						
Eggs (well-cooked) Hard boiled egg Omelette or frittata						
Peanuts Smooth peanut butter Fine ground peanuts						
Tree nuts Smooth nut butter Fine ground nuts, such as almonds, cashews and pecans						
Wheat Soaked/soft weet-bix Pasta e.g. blend or fork mash Flour and semolina used in baking						
Cow's milk products Yoghurt Soft cheese e.g. ricotta Cow's milk e.g. add to cereal or puree						
Soy Calcium fortified soy milk Tofu e.g. silken						
Sesame Tahini Ground seeds						
Fish Salmon, Tuna *Avoid fish high in mercury e.g. shark						
Shellfish Prawns, Crab *Pureed, minced or finely chopped						

