

100 First Foods

Fruits	
Apple	☐ ☐ ☐
Apricot	☐ ☐ ☐
Avocado	☐ ☐ ☐
Banana	☐ ☐ ☐
Blackberry	☐ ☐ ☐
Blueberry	☐ ☐ ☐
Cantaloup/Melon	☐ ☐ ☐
Cherry	☐ ☐ ☐
Cranberry	☐ ☐ ☐
Fig	☐ ☐ ☐
Grape	☐ ☐ ☐
Kiwi	☐ ☐ ☐
Lemon/Lime	☐ ☐ ☐
Mandarine	☐ ☐ ☐
Mango	☐ ☐ ☐
Nectarine	☐ ☐ ☐
Orange	☐ ☐ ☐
Papaya	☐ ☐ ☐
Peach	☐ ☐ ☐
Pear	☐ ☐ ☐
Persimmon	☐ ☐ ☐
Pineapple	☐ ☐ ☐
Plum	☐ ☐ ☐
Prune	☐ ☐ ☐
Pumpkin	☐ ☐ ☐
Raspberry	☐ ☐ ☐
Strawberry	☐ ☐ ☐
Tomato	☐ ☐ ☐
Watermelon	☐ ☐ ☐

Grains	
Barley	☐ ☐ ☐
Bread*	☐ ☐ ☐
Couscous*	☐ ☐ ☐
Oatmeal	☐ ☐ ☐
Pasta*	☐ ☐ ☐
Quinoa	☐ ☐ ☐
Rice	☐ ☐ ☐
Tortilla*	☐ ☐ ☐

Vegetables	
Asparagus	☐ ☐ ☐
Bell pepper	☐ ☐ ☐
Broccoli / Cauliflower	☐ ☐ ☐
Brussel sprout	☐ ☐ ☐
Butternut squash	☐ ☐ ☐
Carrot	☐ ☐ ☐
Cabbage	☐ ☐ ☐
Celery	☐ ☐ ☐
Corn	☐ ☐ ☐
Cucumber	☐ ☐ ☐
Eggplant	☐ ☐ ☐
Garlic	☐ ☐ ☐
Green beans	☐ ☐ ☐
Green onion	☐ ☐ ☐
Kale	☐ ☐ ☐
Leek	☐ ☐ ☐
Lettuce	☐ ☐ ☐
Mushroom	☐ ☐ ☐
Onion	☐ ☐ ☐
Parsnip	☐ ☐ ☐
Peas	☐ ☐ ☐
Potato	☐ ☐ ☐
Spinach	☐ ☐ ☐
Sweet potato	☐ ☐ ☐
Zucchini	☐ ☐ ☐

Flavoring / Spices	
Basil	☐ ☐ ☐
Cinnamon	☐ ☐ ☐
Cilantro	☐ ☐ ☐
Dill	☐ ☐ ☐
Ginger	☐ ☐ ☐
Lemongrass	☐ ☐ ☐
Nutmeg	☐ ☐ ☐
Mint	☐ ☐ ☐
Olive oil	☐ ☐ ☐
Oregano	☐ ☐ ☐
Paprika	☐ ☐ ☐
Parsley	☐ ☐ ☐
Rosemary	☐ ☐ ☐
Turmeric	☐ ☐ ☐

Proteins	
Beef	☐ ☐ ☐
Beans*	☐ ☐ ☐
Chia seeds	☐ ☐ ☐
Chicken	☐ ☐ ☐
Chickpeas	☐ ☐ ☐
Egg *	☐ ☐ ☐
Flaxseed	☐ ☐ ☐
Hemp seeds	☐ ☐ ☐
Lamb	☐ ☐ ☐
Lentils*	☐ ☐ ☐
Pork	☐ ☐ ☐
Salmon*	☐ ☐ ☐
Sesame seeds*	☐ ☐ ☐
Shrimp*	☐ ☐ ☐
Tofu*	☐ ☐ ☐
Tuna*	☐ ☐ ☐
Turkey	☐ ☐ ☐
White fish*	☐ ☐ ☐

Dairy	
Cheddar cheese*	☐ ☐ ☐
Cottage cheese*	☐ ☐ ☐
Mozzarella cheese*	☐ ☐ ☐
Parmesan cheese*	☐ ☐ ☐
Ricotta cheese*	☐ ☐ ☐
Yogurt*	☐ ☐ ☐

Extra Bonus	
Beetroot +	☐ ☐ ☐
Date	☐ ☐ ☐
Grapefruits	☐ ☐ ☐
Chestnut*	☐ ☐ ☐
Curry	☐ ☐ ☐
Milk *+	☐ ☐ ☐
Peanut*	☐ ☐ ☐
Almond*	☐ ☐ ☐
Pine nut*	☐ ☐ ☐
Edamame*	☐ ☐ ☐
Rice cake	☐ ☐ ☐
Coconut	☐ ☐ ☐

* Common allergens (FDA)
+ Offer after 12 months.

This list is created for your information only. Please consult with your pediatricians if you have any concerns.

100 First Foods

This list is created for your information only. Please consult with your pediatricians if you have any concerns.

Fruits



Apple



Apricot



Avocado



Banana



Blackberry



Blueberry



Cantaloup /
Melon



Cherry



Cranberry



Fig



Grape



Kiwi



Lemon/Lime



Mandarine



Mango



Nectarine



Orange



Papaya



Peach



Pear



Persimmon



Pineapple



Plum



Prune



Pumpkin



Raspberry



Strawberry



Tomato



Watermelon

Dairy



Yogurt *



Cheddar
cheese *



Cottage
cheese *



Mozzarella
cheese *



Parmesan
cheese *



Ricotta
cheese *

100 First Foods

This list is created for your information only. Please consult with your pediatricians if you have any concerns.

Vegetables



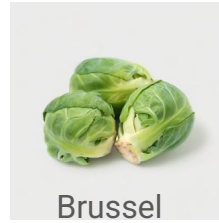
Asparagus



Bell pepper



Broccoli /
Cauliflower



Brussel
sprout



Butternut
squash



Carrot



Cabbage



Celery



Corn



Cucumber



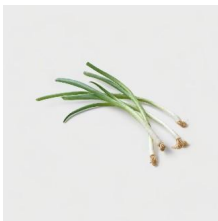
Eggplant



Garlic



Green Beans



Green onion



Kale



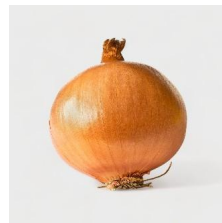
Leek



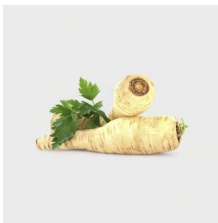
Lettuce



Mushroom



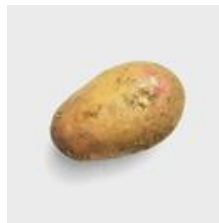
Onion



Parsnip



Peas



Potato



Spinach



Sweet potato



Zucchini

Grains



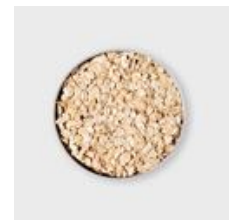
Barley



Bread *



Couscous *



Oatmeal



Pasta *



Quinoa



Rice



Tortilla *

* Common allergens (FDA)

100 First Foods

Proteins

This list is created for your information only. Please consult with your pediatricians if you have any concerns.



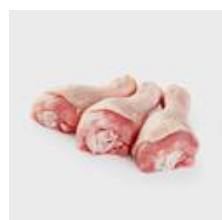
Beef



Beans



Chia seeds



Chicken



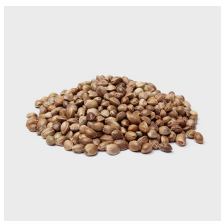
Chickpea



Egg *



Flax seeds



Hemp seeds



Lamb



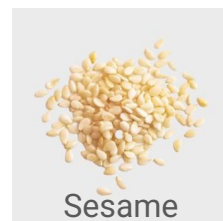
Lentils



Pork



Salmon *



Sesame
seeds*



Shrimp*



Tofu*



Tuna*



Turkey



White fish *



Basil



Cinnamon



Cilantro



Dill



Ginger



Lemongrass



Nutmeg



Mint



Olive oil



Oregano



Paprika



Parsley



Rosemary



Turmeric

Flavoring / Spices

* Common allergens (FDA)

100 First Foods

Extra bonus

This list is created for your information only. Please consult with your pediatricians if any concerns arise.



Almond*



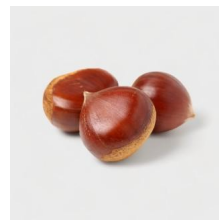
Buckwheat



Cashew*



Beetroot +



Chestnut*



Coconut



Clam*



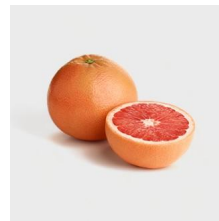
Milk *+



Date



Edamame*



Grapefruit



Hummus



Lobster*



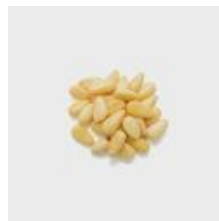
Peanut*



Pecan*



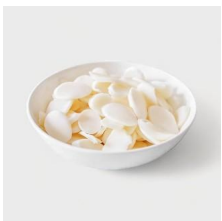
Black pepper



Pine nut*



Pistachio*



Rice cake



Seaweed



Soy milk*



Sesame oil*



Turnip



Walnut*

* Common allergens (FDA)

+ Offer after 12 months