

CHEAT SHEET:

100 foods for baby to try before turning one



MUM'S
GRAPEVINE

- | | | | |
|--|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Apple | <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Mozzarella |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pear | <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Egg | <input type="checkbox"/> Blueberries | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Millet | <input type="checkbox"/> Tofu | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Vegemite | <input type="checkbox"/> Brown rice | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Taro | <input type="checkbox"/> Carrot | <input type="checkbox"/> Figs |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Apricot | <input type="checkbox"/> Cherries | <input type="checkbox"/> Chia pudding |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Lamb | <input type="checkbox"/> Oranges | <input type="checkbox"/> Soup |
| <input type="checkbox"/> Mince | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Papaya | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Peach | <input type="checkbox"/> Plums | <input type="checkbox"/> Sultanas |
| <input type="checkbox"/> Mashed potato | <input type="checkbox"/> White fish | <input type="checkbox"/> Prunes | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Couscous | <input type="checkbox"/> Turkey | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Ricotta | <input type="checkbox"/> Weetbix | <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Yoghurt | <input type="checkbox"/> Beans | <input type="checkbox"/> Beetroot | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Custard | <input type="checkbox"/> Rice | <input type="checkbox"/> Porridge | <input type="checkbox"/> Kidney beans |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Sardines | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Gnocchi |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Coconut | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Tortillas | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pancake |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Raspberries | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Sliced beef |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Polenta | <input type="checkbox"/> Rockmelon | <input type="checkbox"/> Blackberries |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Cream cheese | <input type="checkbox"/> Grapes | <input type="checkbox"/> Pita bread |
| <input type="checkbox"/> Chick peas | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Corn | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Tomato | <input type="checkbox"/> Kale | <input type="checkbox"/> Mandarin |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pork | <input type="checkbox"/> Jelly |

