



# CHEAT SHEET:

## 100 foods for your baby to try before their 1st birthday

- |                                        |                                       |                                          |                                       |
|----------------------------------------|---------------------------------------|------------------------------------------|---------------------------------------|
| <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 sprout | <input type="checkbox"/> Black bean   |
| <input type="checkbox"/> Egg           | <input type="checkbox"/> Blueberry    | <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"/> Mandarin     |
| <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"/> Orange          | <input type="checkbox"/> Soup         |
| <input type="checkbox"/> Mince         | <input type="checkbox"/> Zucchini     | <input type="checkbox"/> Papaya          | <input type="checkbox"/> Leek         |
| <input type="checkbox"/> Pasta         | <input type="checkbox"/> Peach        | <input type="checkbox"/> Plum            | <input type="checkbox"/> Sultana      |
| <input type="checkbox"/> Mashed potato | <input type="checkbox"/> White fish   | <input type="checkbox"/> Prune           | <input type="checkbox"/> Tempeh       |
| <input type="checkbox"/> Sweet potato  | <input type="checkbox"/> Couscous     | <input type="checkbox"/> Turkey          | <input type="checkbox"/> Lentil       |
| <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"/> Bean         | <input type="checkbox"/> Beetroot        | <input type="checkbox"/> Cranberry    |
| <input type="checkbox"/> Custard       | <input type="checkbox"/> Rice         | <input type="checkbox"/> Porridge        | <input type="checkbox"/> Kidney bean  |
| <input type="checkbox"/> Hummus        | <input type="checkbox"/> Sardine      | <input type="checkbox"/> Parsnip         | <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"/> Raspberry    | <input type="checkbox"/> Lettuce         | <input type="checkbox"/> Sliced beef  |
| <input type="checkbox"/> Strawberry    | <input type="checkbox"/> Polenta      | <input type="checkbox"/> Rockmelon       | <input type="checkbox"/> Blackberry   |
| <input type="checkbox"/> Salmon        | <input type="checkbox"/> Cream cheese | <input type="checkbox"/> Grape           | <input type="checkbox"/> Pita bread   |
| <input type="checkbox"/> Chick pea     | <input type="checkbox"/> Nectarine    | <input type="checkbox"/> Corn            | <input type="checkbox"/> Sausage      |
| <input type="checkbox"/> Broccoli      | <input type="checkbox"/> Tomato       | <input type="checkbox"/> Kale            | <input type="checkbox"/> Fig          |
| <input type="checkbox"/> Capsicum      | <input type="checkbox"/> Mushroom     | <input type="checkbox"/> Pork            | <input type="checkbox"/> Jelly        |