# Introducing

## the FIRST BITES to SAFE BITES list

by Grammy Kim Salmons

It can be overwhelming to start solid foods with all of the different methods and opinions. Remember, to always work with your child's pediatrician to guide when the right time, foods, and methods are for your child.





There are three versions of the "First Bites to Safe Bites" list. All include bolded foods known to be high-allergens and underlined foods that are often recommended to be starting foods. The lists can be laminated or placed in a page protector and used with a dry erase marker to keep updated.

- 1. Just the list. You will find many common foods listed in different categories.
- 2.One box checklist to give to caregivers once you have tried foods at home and are ready for them to be considered safe.
- 3. Three box checklist to keep at home. It is recommended that new foods are introduced one at a time and at least three times in a row. This list allows you to check off each time the food is given.



### FIRST BITES to SAFE BITES FOR:

It is recommended that you consult and discuss the introduction of foods with your child's pediatrician. This list was not developed by a medical professional.

Bold designates a high allergy food; underlined designates foods common to start with.

#### Fruits

Applesauce
Apricots
Avocado
Bananas

Blackberries Blueberries Cantaloupe

Cherries (pitted & halved)

Dates Figs

Grapes (halved)

Grapefruit

Kiwi Lemons Limes <u>Mango</u> Nectarines Oranges

Oranges
Papaya
Peaches
Pears
Pineapple

Plums

Prunes

Raisins (soft & cut)

Raspberries

Strawberries

Watermelon

#### **Grains/Cereals**

Barley cereal Brown rice

Couscous

Millet <u>Oatmeal</u> Polenta

Quinoa Rice cereal

Whole grain pasta Whole wheat bread

#### Vegetables

Artichokes Asparagus Baby corn Beets

Bell peppers Broccoli

Brussels sprouts

<u>Butternut squash</u>

Carrots
Cauliflower
Celery
Corn

Cucumber Eggplant Fennel

Garlic (cooked)
Green beans

Kale Leeks

Mushrooms

Okra

Onions (cooked)

Parsnips
Peas
Pumpkin
Radishes
Rutabaga

<u>Sweet potatoes</u>

Tomatoes Turnips <u>Zucchini</u>

Spinach

#### Legumes

Lentils
Chickpeas
Black beans
Kidney beans
Pinto beans
Cannellini beans



Beef Chicken Cod Crab

<u>Eggs</u> Lamb

Lobster
Pork
Salmon
Shrimp

Tofu Tuna Turkey

#### **Dairy**

Yogurt

Cottage cheese Ricotta cheese Mozzarella cheese Cheddar cheese

#### **Nut Butters & Seeds**

Peanut butter Almond butter Cashew butter

Walnuts (as nut butter)
Pistachios (as nut butter)

Hazelnuts (as nut butter)

Sesame seeds (tahini)
Soy (such as edamame)



**⊕**@creative Grammy Kim Salmons

## FIRST BITES to SAFE BITES FOR:

It is recommended that you consult and discuss the introduction of foods with your child's pediatrician. This list was not developed by a medical professional.

Bold designates a high allergy food; underlined designates foods common to start with.

Fruits	Vegetables	
☐ <u>Applesauce</u>	□Artichokes	
☐ Apricots	□Asparagus	
☐ <u>Avocado</u>	□Baby corn	
☐ <u>Bananas</u>	□Beets	
☐ Blackberries	☐Bell peppers	
☐ Blueberries	□Broccoli	Protein
☐ Cantaloupe	☐Brussels sprouts	Beef
☐ Cherries (pitted & halved)	 □ <u>Butternut squash</u>	□ <u>beer</u> □ <u>Chicken</u>
☐ Dates	□ <u>Carrots</u>	□ <u>Cod</u>
☐ Figs	   Cauliflower	□Crab
☐ Grapes (halved)	□Celery	_ □ <u>Eggs</u>
☐ Grapefruit	□Corn	□Lamb
☐ Kiwi	□Cucumber	□Lobster
□ Lemons	□Eggplant	□Pork
☐ Limes	☐ Fennel	□ <u>Salmon</u>
☐ Mango	☐Garlic (cooked)	□Shrimp □Tofu
_ ☐ Nectarines	Green beans	□ <u>Tofu</u> □Tuna
☐ Oranges	_ ∏Kale	□ <u>Turkey</u>
□ Papaya	_ □Leeks	
☐ <u>Peaches</u>	□Mushrooms	Dairy
☐ <u>Pears</u>	□Okra	□Yogurt
☐ Pineapple	□Onions (cooked)	□Cottage cheese
☐ Plums	□ Parsnips	☐ Ricotta cheese
☐ Prunes	□ <u>Peas</u>	☐ Mozzarella cheese
☐ Raisins (soft & cut)	□ <u>Pumpkin</u>	☐ Cheddar cheese
☐ Raspberries	□Radishes	N · D · · O C I
□ Strawberries	□Rutabaga	Nut Butters & Seeds
☐ Watermelon	□Spinach	□Peanut butter
	□ <u>Sweet potatoes</u>	□Almond butter
Grains/Cereals	□Tomatoes	□Cashew butter
☐ <u>Barley cereal</u>	□Turnips	□ <b>Walnuts</b> (as nut butter)
☐ Brown rice	□ <u>Zucchini</u>	□ <b>Pistachios</b> (as nut butter)
☐ Couscous	Legumes	□ <b>HazeInuts</b> (as nut butter)
☐ Millet		□Sesame seeds (tahini)
Oatmeal	☐ Lentils	□ <b>Soy</b> (such as edamame)
☐ Polenta	☐ Chickpeas	
☐ Quinoa	☐ Black beans	
☐ Rice cereal	□Kidney beans	

☐ Pinto beans

☐ Cannellini beans

☐ Whole grain pasta

☐ Whole wheat bread



**⊕** creative Grammy Kim Salmons

## FIRST BITES to SAFE BITES FOR:

It is recommended that you consult and discuss the introduction of foods with your child's pediatrician. This list was not developed by a medical professional.

Bold designates a high allergy food; underlined designates foods common to start with.

Fruits	Vegetables	
_	□ □ □Artichokes	
□ □ Apricots	□ □ □ Asparagus	
□ □ <u>Avocado</u>	□ □ □Baby corn	
□ □ <u>Bananas</u>	□ □ □Beets	
🗌 🗌 🗎 Blackberries	□ □ □Bell peppers	
□ □ Blueberries	□ □ □Broccoli	Protein
□ □ Cantaloupe	□ □ □Brussels sprouts	□ □ □Beef
🗌 🗆 Cherries (pitted & halve		□ □ □ <u>Beel</u>
□ □ Dates	□ □ □ <u>Carrots</u>	□ □ □ <u>Cod</u>
□ □ Figs	□ □ □Cauliflower	□ □ □
☐ ☐ Grapes (halved)	□ □ □Celery	□ □ □ <u>Eggs</u>
□ □ Grapefruit	☐ ☐ ☐Corn	□ □ □Lamb
□ □ Kiwi	□ □ □Cucumber	□ □ □Lobster
□ □ Lemons	□ □ □Eggplant	
□ □ Limes	□ □ □Fennel	Salmon
]	□ □ □Garlic (cooked)	□ □ □Shrimp □ □ □Tofu
□ □ Nectarines	□ □ □ Green beans	
□ □ Oranges	□ □ □Kale	□ □ □Turkey.
🗌 🗌 Papaya	□ □ □Leeks	
□ □ <u>Peaches</u>	□ □ □ Mushrooms	Dairy
□ □ <u>Pears</u>	 	□ □ □ Yogurt
_	$\square$ $\square$ Onions (cooked)	□ □ Cottage cheese
_	□ □ Parsnips	□ □ Ricotta cheese
☐ ☐ Prunes	□ □ □ <u>Peas</u>	☐ ☐ Mozzarella cheese
□ □ Raisins (soft & cut)	□ □ Pumpkin	□ □ □ Cheddar cheese
□ □ Raspberries	□ □ □Radishes	
🗌 🗌 🗆 Strawberries	□ □ □Rutabaga	Nut Butters & Seeds
🗌 🔲 Watermelon	□ □ □Spinach	☐ ☐ ☐ Peanut butter
	□ □ □Sweet potatoes	☐ ☐ ☐Almond butter
Grains/Cereals	□ □ □Tomatoes	☐ ☐ ☐ Cashew butter
□ □ <u>Barley cereal</u>	$\square$ $\square$ $\square$ Turnips	□ □ <b>Walnuts</b> (as nut butter)
□ □ □Brown rice	□ □ □ <u>Zucchini</u>	☐ ☐ ☐ Pistachios (as nut butter)
□ □ □Couscous	Legumes	☐ ☐ ☐ HazeInuts (as nut butter)
□ □ □Millet		□□□Sesame seeds (tahini)
□ □ □ <u>Oatmeal</u>	□ □ □ Lentils	□□□ <b>Soy</b> (such as edamame)
□ □ □Polenta	☐ ☐ ☐ Chickpeas	
□ □ Quinoa	☐ ☐ Black beans	
□ □ □ <u>Rice cereal</u>	☐ ☐ Kidney beans	Just 1 Like
⊔ UWhole grain pasta	□ □ □Pinto beans	GRAMMY & POPPOP'S

 $\square$   $\square$  Cannellini beans

 $\square$   $\square$  Whole wheat bread

