

# 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.



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# 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  
Mango  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plums  
Prunes  
Raisins (soft & cut)  
Raspberries  
**Strawberries**  
Watermelon

## Vegetables

Artichokes  
Asparagus  
Baby corn  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Butternut squash  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumber  
Eggplant  
Fennel  
Garlic (cooked)  
Green beans  
Kale  
Leeks  
Mushrooms  
Okra  
Onions (cooked)  
Parsnips  
Peas  
Pumpkin  
Radishes  
Rutabaga  
Spinach  
Sweet potatoes  
Tomatoes  
Turnips  
Zucchini

## Legumes

Lentils  
Chickpeas  
Black beans  
Kidney beans  
Pinto beans  
Cannellini beans



## Protein

Beef  
Chicken  
**Cod**  
**Crab**  
**Eggs**  
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)

## Grains/Cereals

Barley cereal  
Brown rice  
Couscous  
Millet  
Oatmeal  
Polenta  
Quinoa  
Rice cereal  
Whole grain pasta  
Whole wheat bread



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## Fruits

- ☐ Applesauce
- ☐ Apricots
- ☐ Avocado
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries (pitted & halved)
- ☐ Dates
- ☐ Figs
- ☐ Grapes (halved)
- ☐ Grapefruit
- ☐ Kiwi
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plums
- ☐ Prunes
- ☐ Raisins (soft & cut)
- ☐ Raspberries
- ☐ **Strawberries**
- ☐ Watermelon

## Grains/Cereals

- ☐ Barley cereal
- ☐ Brown rice
- ☐ Couscous
- ☐ Millet
- ☐ Oatmeal
- ☐ Polenta
- ☐ Quinoa
- ☐ Rice cereal
- ☐ Whole grain pasta
- ☐ Whole wheat bread

## Vegetables

- ☐ Artichokes
- ☐ Asparagus
- ☐ Baby corn
- ☐ Beets
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Butternut squash
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fennel
- ☐ Garlic (cooked)
- ☐ Green beans
- ☐ Kale
- ☐ Leeks
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions (cooked)
- ☐ Parsnips
- ☐ Peas
- ☐ Pumpkin
- ☐ Radishes
- ☐ Rutabaga
- ☐ Spinach
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Turnips
- ☐ Zucchini

## Legumes

- ☐ Lentils
- ☐ Chickpeas
- ☐ Black beans
- ☐ Kidney beans
- ☐ Pinto beans
- ☐ Cannellini beans



## Protein

- ☐ Beef
- ☐ Chicken
- ☐ **Cod**
- ☐ **Crab**
- ☐ **Eggs**
- ☐ 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)



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