



# baby tracker

child: \_\_\_\_\_

## food introduction chart

Please talk to your pediatrician before starting your baby on solid foods.  
Introduce and add one food at a time. The doctor recommends \_\_\_\_ feedings before OK.

OK  
to  
Feed

Food	Date	Date	Date	Reactions / Observations	OK to Feed
					ok <input type="checkbox"/>
					ok <input type="checkbox"/>
					ok <input type="checkbox"/>
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					ok <input type="checkbox"/>
					ok <input type="checkbox"/>

fold here

During the first year avoid honey, strawberries, peanut butter, spinach, chocolate, and other products noted by your pediatrician.  
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# my menu approved foods

CHILD'S NAME: \_\_\_\_\_

Food	Start Date	Preparation and Comments
<b>Cereals / Grains</b>		
rice		
barley		
<b>Fruits</b>		
pears		
bananas		
<b>Vegetables</b>		
sweet potatoes		
peas		
<b>Meats / Protein</b>		
chicken		
turkey		
<b>Dairy</b>		
whole milk		
yogurt		
<b>Do Not Feed</b>		

APPROVED FOODS