



Little food explorer

40 foods on this page · Three tries to record

Baby's name _____

Date range _____

Each time your baby tries a food, check the next box.

1, 2 and 3 are separate tries. The pages are not age stages or a list you need to complete.

Vegetables

Food	1	2	3
Zucchini	☐	☐	☐
Broccoli	☐	☐	☐
Cauliflower	☐	☐	☐
Carrot	☐	☐	☐
Spinach	☐	☐	☐
Pumpkin	☐	☐	☐
Peas	☐	☐	☐
Green beans	☐	☐	☐
Potato	☐	☐	☐
Avocado	☐	☐	☐

Fruit

Food	1	2	3
Apple	☐	☐	☐
Pear	☐	☐	☐
Banana	☐	☐	☐
Peach	☐	☐	☐
Nectarine	☐	☐	☐
Plum	☐	☐	☐
Strawberry	☐	☐	☐
Blueberry	☐	☐	☐
Kiwi	☐	☐	☐
Cantaloupe	☐	☐	☐

Grains

Food	1	2	3
Oats	☐	☐	☐
Rice	☐	☐	☐
Bulgur	☐	☐	☐
Pasta	☐	☐	☐
Semolina	☐	☐	☐
Cornmeal	☐	☐	☐
Quinoa	☐	☐	☐
Buckwheat	☐	☐	☐
Barley	☐	☐	☐
Rye	☐	☐	☐

Meat, fish & more

Food	1	2	3
Egg	☐	☐	☐
Chicken	☐	☐	☐
Turkey	☐	☐	☐
Beef	☐	☐	☐
Lamb	☐	☐	☐
Salmon	☐	☐	☐
Trout	☐	☐	☐
Cod	☐	☐	☐
Sardine	☐	☐	☐
Plain yogurt	☐	☐	☐

Soften firm foods; remove pits and bones. Prepare grains in a soft texture suited to your baby. Use pasteurized yogurt.

These boxes record tries, not allergy clearance. Use preparation and textures suited to your baby.

Food preparation guidance: [nhs.uk/best-start-in-life](https://www.nhs.uk/best-start-in-life)**Nerumi**

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Vegetables

Food	1	2	3
Sweet potato	☐	☐	☐
Leek	☐	☐	☐
Celery	☐	☐	☐
Beet	☐	☐	☐
Artichoke	☐	☐	☐
Butternut squash	☐	☐	☐
Swiss chard	☐	☐	☐
Tomato	☐	☐	☐
Cucumber	☐	☐	☐
Eggplant	☐	☐	☐

Fruit

Food	1	2	3
Mango	☐	☐	☐
Raspberry	☐	☐	☐
Blackberry	☐	☐	☐
Apricot	☐	☐	☐
Orange	☐	☐	☐
Mandarin	☐	☐	☐
Watermelon	☐	☐	☐
Pineapple	☐	☐	☐
Papaya	☐	☐	☐
Persimmon	☐	☐	☐

Beans & lentils

Food	1	2	3
Red lentils	☐	☐	☐
Green lentils	☐	☐	☐
Yellow lentils	☐	☐	☐
Chickpeas	☐	☐	☐
White beans	☐	☐	☐
Pinto beans	☐	☐	☐
Black-eyed peas	☐	☐	☐
Mung beans	☐	☐	☐
Black beans	☐	☐	☐
Soybeans	☐	☐	☐

Nuts & seeds*

Food	1	2	3
Almond*	☐	☐	☐
Hazelnut*	☐	☐	☐
Walnut*	☐	☐	☐
Peanut*	☐	☐	☐
Cashew*	☐	☐	☐
Pistachio*	☐	☐	☐
Sesame*	☐	☐	☐
Pumpkin seed*	☐	☐	☐
Sunflower seed*	☐	☐	☐
Flaxseed*	☐	☐	☐

* Finely grind nuts and seeds and mix into food; never offer them whole or in chunks. Cook and mash beans until soft.

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Vegetables

Food	1	2	3
Green cabbage	☐	☐	☐
Red cabbage	☐	☐	☐
Brussels sprouts	☐	☐	☐
Asparagus	☐	☐	☐
Turnip	☐	☐	☐
Kohlrabi	☐	☐	☐
Parsnip	☐	☐	☐
Onion	☐	☐	☐
Garlic	☐	☐	☐
Red bell pepper	☐	☐	☐

Fruit

Food	1	2	3
Grape	☐	☐	☐
Cherry	☐	☐	☐
Sour cherry	☐	☐	☐
Honeydew melon	☐	☐	☐
Fig	☐	☐	☐
Mulberry	☐	☐	☐
Loquat	☐	☐	☐
Guava	☐	☐	☐
Dragon fruit	☐	☐	☐
Redcurrant	☐	☐	☐

Grains & more

Food	1	2	3
Millet	☐	☐	☐
Amaranth	☐	☐	☐
Sorghum	☐	☐	☐
Teff	☐	☐	☐
Wheat	☐	☐	☐
Bread	☐	☐	☐
Cottage cheese	☐	☐	☐
Mozzarella	☐	☐	☐
Ricotta	☐	☐	☐
Tofu	☐	☐	☐

Herbs & spices**

Food	1	2	3
Parsley**	☐	☐	☐
Dill**	☐	☐	☐
Basil**	☐	☐	☐
Mint**	☐	☐	☐
Thyme**	☐	☐	☐
Cumin**	☐	☐	☐
Cinnamon**	☐	☐	☐
Ginger**	☐	☐	☐
Turmeric**	☐	☐	☐
Cilantro**	☐	☐	☐

** Record herbs and spices mixed into meals. Choose pasteurized, lower-salt cheese and a suitable soft texture.

Cut small round fruit lengthwise into quarters or smaller pieces as needed; remove hard pits.

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