



Introducing Solids List

Name: _____

Tick boxes after each taste.

Grains, legumes & seeds

Oats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chickpea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quinoa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lentils	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Barley	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard seeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poppy seeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Fruit & vegetables

Sweet potato	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leek	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fig	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Banana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocado	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zucchini	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Garlic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mango	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kiwi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blueberry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggplant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Capsicum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parsnip	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beetroot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raspberry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mushroom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dairy and protein

Chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lamb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turkey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoghurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Black beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Most common allergens

Cow's milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Egg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sesame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tree nuts:

Brazil nut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cashew	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walnut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pecan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hazelnut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pine nut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pistachio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almond	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ADDITIONAL INFORMATION:

- See Dr Golly Little & Big Baby programs for how to introduce allergens
- Never give whole nuts to children under 5
- Honey: wait until they are 12 months
- Legumes: test early but avoid feeding in high volumes until they are around 8-9 months because it can make them super gassy

Aim is to get as many of the major allergens into their diet between 4-6 months (definitely before 1 year) & expose them to as many different foods/flavours as you can

