

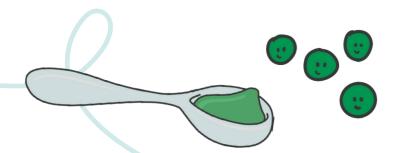


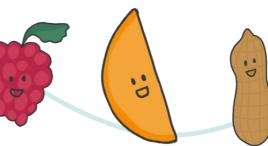
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Tick boxes after each taste.

Grains, legumes & seeds

Oats	\bigcirc \bigcirc \bigcirc
Rice	\bigcirc \bigcirc \bigcirc
Chickpea	\bigcirc \bigcirc \bigcirc
Quinoa	\bigcirc \bigcirc \bigcirc
Lentils	\bigcirc \bigcirc \bigcirc
Barley	\bigcirc \bigcirc \bigcirc
Mustard seeds	\bigcirc \bigcirc \bigcirc
Poppy seeds	





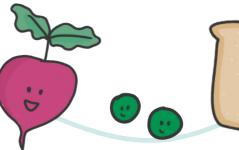














Fruit & vegetables

Sweet potato	\bigcirc \bigcirc \bigcirc
Cauliflower	\bigcirc \bigcirc \bigcirc
Leek	\bigcirc \bigcirc \bigcirc
Apple	\bigcirc \bigcirc \bigcirc
Fig	\bigcirc \bigcirc \bigcirc
Banana	\bigcirc \bigcirc \bigcirc
Avocado	\bigcirc \bigcirc \bigcirc
Pumpkin	\bigcirc \bigcirc \bigcirc
Spinach	\bigcirc \bigcirc \bigcirc
Broccoli	\bigcirc \bigcirc \bigcirc
Zucchini	\bigcirc \bigcirc \bigcirc
Peas	\bigcirc \bigcirc \bigcirc
Corn	\bigcirc \bigcirc \bigcirc
Carrot	\bigcirc \bigcirc \bigcirc
Tomato	\bigcirc \bigcirc \bigcirc
Onion	\bigcirc \bigcirc \bigcirc
Garlic	\bigcirc \bigcirc \bigcirc
Mango	\bigcirc \bigcirc \bigcirc
Pineapple	\bigcirc \bigcirc \bigcirc
Potato	\bigcirc \bigcirc \bigcirc
Kiwi	\bigcirc \bigcirc \bigcirc
Blueberry	\bigcirc \bigcirc \bigcirc
Eggplant	\bigcirc

Capsicum	$\bigcirc\bigcirc\bigcirc\bigcirc$
Parsnip	\bigcirc \bigcirc \bigcirc
Watermelon	\bigcirc \bigcirc \bigcirc
Beetroot	\bigcirc \bigcirc \bigcirc
Raspberry	\bigcirc \bigcirc \bigcirc
Strawberry	\bigcirc \bigcirc \bigcirc
Peach	\bigcirc \bigcirc \bigcirc
Mushroom	\bigcirc \bigcirc \bigcirc
Asparagus	\bigcirc \bigcirc \bigcirc
Orange	\bigcirc \bigcirc \bigcirc
Apricot	\bigcirc \bigcirc \bigcirc
Melon	\bigcirc \bigcirc \bigcirc

Dairy and protein

Lamb	$\bigcirc\bigcirc\bigcirc\bigcirc$
Beef	\bigcirc \bigcirc \bigcirc
Turkey	\bigcirc \bigcirc \bigcirc
Pork	\bigcirc \bigcirc \bigcirc
Tofu	\bigcirc \bigcirc \bigcirc
Yoghurt	\bigcirc \bigcirc \bigcirc
Cheese	\bigcirc \bigcirc \bigcirc
Black beans	\bigcirc \bigcirc \bigcirc

Most common allergens

Cow's milk	\bigcirc \bigcirc \bigcirc
Wheat	\bigcirc \bigcirc \bigcirc
Soy	\bigcirc \bigcirc \bigcirc
Egg	\bigcirc \bigcirc \bigcirc
Peanuts	\bigcirc \bigcirc \bigcirc
Shellfish	\bigcirc \bigcirc \bigcirc
Fish	\bigcirc \bigcirc \bigcirc
Sesame	\bigcirc \bigcirc \bigcirc
Tree nuts:	
Brazil nut	\bigcirc \bigcirc \bigcirc
Cashew	\bigcirc \bigcirc \bigcirc
Walnut	\bigcirc \bigcirc \bigcirc
Pecan	\bigcirc \bigcirc \bigcirc
Hazelnut	\bigcirc \bigcirc \bigcirc
Pine nut	\bigcirc \bigcirc \bigcirc
Pistachio	
	\bigcirc

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

Chicken