

First Foods Tracker

Iron-rich foods

Almonds	0 0 0
Beef	0 0 0
Black beans	0 0 0
Brazil nuts	0 0 0
Butterbeans	0 0 0
Cannellini beans	0 0 0
Cashews	0 0 0
Chia seeds	0 0 0
Chicken	0 0 0
Chickpeas	0 0 0
Eggs	0 0 0
Hemp seeds	0 0 0
Kidney beans	0 0 0
Lamb	0 0 0
Lentils	0 0 0
Peanuts	0 0 0
Pistachio	0 0 0
Pork	0 0 0
Pumkin seeds	0 0 0
Salmon	0 0 0
Sardines	0 0 0
Sesame/tahini	0 0 0
Shellfish	0 0 0
Sunflower seeds	0 0 0
Tofu	0 0 0
Tuna	0 0 0
Turkey	0 0 0
White fish	0 0 0
_____	0 0 0
_____	0 0 0

Vegetables

Asparagus	0 0 0
Beetroot	0 0 0
Broccoli	0 0 0
Cabbage	0 0 0
Carrot	0 0 0
Cauliflower	0 0 0
Celery	0 0 0
Cucumber	0 0 0
Eggplant	0 0 0
Garlic	0 0 0
Ginger	0 0 0
Lettuce	0 0 0
Mint	0 0 0
Peas	0 0 0
Potato	0 0 0
Pumpkin	0 0 0
Rosemary	0 0 0
Shallot	0 0 0
Spinach	0 0 0
Sweet potato	0 0 0
Tomato	0 0 0
Zucchini	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0

Grains & cereals

Barley	0 0 0
Bread	0 0 0
Couscous	0 0 0
Noodles	0 0 0
Oats	0 0 0
Pasta	0 0 0
Quinoa	0 0 0
Rice	0 0 0
Weet-bix	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0










Fruit

Apple	0 0 0
Avocado	0 0 0
Banana	0 0 0
Blueberry	0 0 0
Kiwi fruit	0 0 0
Mango	0 0 0
Orange	0 0 0
Pear	0 0 0
Pineapple	0 0 0
Prunes	0 0 0
Raspberry	0 0 0
Rockmelon	0 0 0
Strawberry	0 0 0
Watermelon	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0
_____	0 0 0

Dairy

Cottage cheese	0 0 0	Plain yoghurt	0 0 0
Goats cheese	0 0 0	_____	0 0 0
Mozzarella	0 0 0	_____	0 0 0
Ricotta cheese	0 0 0	_____	0 0 0

Food Allergy Tracker

Common Allergen Examples	Taste 1	Taste 2	Taste 3	Taste 4	Taste 5	Taste 6
Eggs (well-cooked) Hard boiled egg Omelette or frittata 						
Peanuts Smooth peanut butter Fine ground peanuts 						
Tree nuts Smooth nut butter Fine ground nuts, such as almonds, cashews and pecans 						
Wheat Soaked/soft weet-bix Pasta e.g. blend or fork mash Flour and semolina used in baking 						
Cow's milk products Yoghurt Soft cheese e.g. ricotta Cow's milk e.g. add to cereal or puree 						
Soy Calcium fortified soy milk Tofu e.g. silken 						
Sesame Tahini Ground seeds 						
Fish Salmon Tuna *Avoid fish high in mercury e.g. shark 						
Shellfish Prawns Crab *Pureed, minced or finely chopped 						

Keep offering the common allergy causing foods once you introduce them. If your family does not eat a particular food, you may choose not to introduce that particular food to your baby. The National Allergy Council's Nip Allergies in the Bud website contains information about how to introduce the common allergy causing foods <https://preventallergies.org.au/>