

# 100 foods before 1

Offering babies a variety of foods is really important.

Getting baby used to individual tastes can help with food preference later on too. It's not just a case of ticking off 100 foods before 1 but offering them the opportunity to try them multiple times. Remember it can take 10 times or more for a baby to accept a food.

When you offer a new food, particularly a common food allergen, try not to offer it at the same time as another food the baby has not had before. That way, if they have a reaction, you have more of an idea what caused the reaction. It's also a good idea to offer it at lunchtime to avoid it sitting heavily on their tummy before bed as they get used to processing a new food.

This list is just for ideas. You don't have to include all of them. Add foods you often consume as long as they are baby friendly

# Vegetables to try

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BROCCOLI



CARROT



PEA



CABBAGE



CAULIFLOWER



PARSNIP



SWEDE



BUTTERNUT SQUASH



LEEK



COURGETTE



AUBERGINE



BROAD BEAN



GREEN BEANS



SWEETCORN



MUSHROOM



AVOCADO



TOMATO



PEPPER



CUCUMBER



ONION



GARLIC



GINGER



CELERY



BEETROOT



COOKED RADISH



CELERIAC

# Fruits to try

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COOKED APPLE



PEAR



BANANA



GRAPES



MELON



PINEAPPLE



PEACH



NECTARINE



PLUM



KIWI



CLEMENTINE



STRAWBERRY



BLUEBERRY



RASPBERRY



RED CURRANT



BLACKBERRY



BLACKCURRANT



COCONUT



MANGO



CHERRY



LEMON



GRAPEFRUIT



LIME



GUAVA



RHUBARB



FIG

# Starchy carbohydrates to try

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RICE

PASTA

EGG NOODLES

COUSCOUS

BREAD

PITTA BREAD

QUINOA

POTATO

SWEET POTATO

CORN FLOUR

OATS

PLANTAIN

CASSAVA

YAM

PASTRY

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# Proteins to try

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EGG



CHICKEN



TURKEY



BEEF



PORK



COD



BASA



SALMON



MACKEREL



SARDINES



TUNA



GROUND ALMONDS



GROUND WALNUTS



GROUND SEEDS



LAMB



PRAWNS



CHICKPEAS



HARICOT BEANS



RED KIDNEY BEANS



RED LENTILS



GREEN LENTILS



QUORN



TOFU



PEANUT BUTTER



HOMOUS



ALMOND BUTTER

# Dairy and other foods to try

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- |                          |                 |                          |       |
|--------------------------|-----------------|--------------------------|-------|
| <input type="checkbox"/> | WHOLE MILK      | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | FULL FAT YOGURT | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | CREAM CHEESE    | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | CHEDDAR CHEESE  | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | COTTAGE CHEESE  | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | MOZZARELLA      | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | SOYA MILK       | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | PEA MILK        | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | BUTTER          | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | CHEESE SAUCE    | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | MAYONNAISE      | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | OLIVE OIL       | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | SUNFLOWER OIL   | <input type="checkbox"/> | _____ |