

Top 50 First Foods Checklist

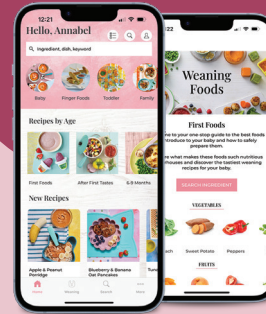
one fine baby.

AK
ANNABEL KARMEI



Whether you are spoon-feeding or baby-led weaning with finger foods, here are my top 50 nutritious first foods to explore with your baby.

Annabel Karmel


















Learn how to safely prep these foods and prepare delicious nutritious recipes for your baby on Annabel's award-winning app.

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Vegetables









-  spinach
-  sweet potato
-  carrot
-  broccoli
-  parsnip
-  green beans
-  bell pepper
-  peas
-  butternut squash
-  kale
-  courgette
-  cucumber
-  sweetcorn
-  cauliflower
-  asparagus

Fruits



-  avocado
-  peach
-  tomato
-  strawberries
-  raspberries
-  plum
-  pear
-  papaya
-  apple
-  kiwi
-  watermelon
-  blueberries
-  banana
-  apricot
-  mango

babies grow more rapidly in their first year than in any other time in their life. Protein and iron are essential for your baby's growth and development.

Protein

	tofu	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	beef	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	chicken	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	turkey	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	white fish	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	salmon	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	eggs	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	tree nuts & peanuts	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Carbohydrates

	oats	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	rice	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	quinoa	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	bulgur wheat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	chickpeas	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	couscous	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	bread	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	lentils	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	pasta	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

your baby will require approximately 40% of their total daily energy intake from carbohydrates to provide them with the energy they need to thrive.

whole pasteurised (full-fat) milk can be used in cooking or mixed with food from around 6 months. Avoid giving as a drink until your baby is 12 months.

Dairy (pasteurised)

	greek yoghurt	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	cheese	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	cow's milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

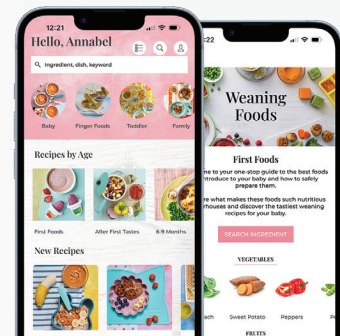
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Award-winning Baby & Toddler Recipe App

Annabel's #1 app for babies and toddlers is filled with over 1000 simple and nutritious recipes, PLUS new ideas every week.

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