

(PAEDS)

First foods tracker

One tick per taste. One new allergen at a time, then wait three to five days.

NAME

STARTED

Vegetables

START HERE

Asparagus	☐	☐	☐	☐	☐
Avocado	☐	☐	☐	☐	☐
Beetroot	☐	☐	☐	☐	☐
Broccoli	☐	☐	☐	☐	☐
Butternut pumpkin	☐	☐	☐	☐	☐
Capsicum	☐	☐	☐	☐	☐
Carrot	☐	☐	☐	☐	☐
Cauliflower	☐	☐	☐	☐	☐
Celery	☐	☐	☐	☐	☐
Corn	☐	☐	☐	☐	☐
Cucumber	☐	☐	☐	☐	☐
Eggplant	☐	☐	☐	☐	☐
Green beans	☐	☐	☐	☐	☐
Kale	☐	☐	☐	☐	☐
Leek	☐	☐	☐	☐	☐
Mushroom	☐	☐	☐	☐	☐
Parsnip	☐	☐	☐	☐	☐
Peas	☐	☐	☐	☐	☐
Potato	☐	☐	☐	☐	☐
Spinach	☐	☐	☐	☐	☐
Sweet potato	☐	☐	☐	☐	☐
Zucchini	☐	☐	☐	☐	☐

Fruit

SOFT & RIPE

Apple	☐	☐	☐	☐	☐
Apricot	☐	☐	☐	☐	☐
Banana	☐	☐	☐	☐	☐
Blueberries	☐	☐	☐	☐	☐
Cherries	☐	☐	☐	☐	☐
Dates	☐	☐	☐	☐	☐
Fig	☐	☐	☐	☐	☐
Grapes	☐	☐	☐	☐	☐
Kiwifruit	☐	☐	☐	☐	☐
Mandarin	☐	☐	☐	☐	☐
Mango	☐	☐	☐	☐	☐
Nectarine	☐	☐	☐	☐	☐
Orange	☐	☐	☐	☐	☐
Papaya	☐	☐	☐	☐	☐
Passionfruit	☐	☐	☐	☐	☐
Peach	☐	☐	☐	☐	☐
Pear	☐	☐	☐	☐	☐
Plum	☐	☐	☐	☐	☐
Raspberries	☐	☐	☐	☐	☐
Rockmelon	☐	☐	☐	☐	☐
Strawberries	☐	☐	☐	☐	☐
Watermelon	☐	☐	☐	☐	☐

Grains & cereals

IRON-RICH

Barley	☐	☐	☐	☐	☐
Buckwheat	☐	☐	☐	☐	☐
Couscous	☐	☐	☐	☐	☐
Millet	☐	☐	☐	☐	☐
Oats	☐	☐	☐	☐	☐
Pasta	☐	☐	☐	☐	☐
Polenta	☐	☐	☐	☐	☐
Quinoa	☐	☐	☐	☐	☐
Rice	☐	☐	☐	☐	☐
Rye bread	☐	☐	☐	☐	☐
Semolina	☐	☐	☐	☐	☐
Sourdough	☐	☐	☐	☐	☐
Wheat bread	☐	☐	☐	☐	☐
Wheat cereal	☐	☐	☐	☐	☐

Meat, fish & legumes

IRON & ZINC

Beef	☐	☐	☐	☐	☐
Butter beans	☐	☐	☐	☐	☐
Chicken	☐	☐	☐	☐	☐
Chickpeas	☐	☐	☐	☐	☐
Egg	☐	☐	☐	☐	☐
Lamb	☐	☐	☐	☐	☐
Lentils	☐	☐	☐	☐	☐
Mussels	☐	☐	☐	☐	☐
Peanut butter	☐	☐	☐	☐	☐
Pork	☐	☐	☐	☐	☐
Prawn	☐	☐	☐	☐	☐
Red kidney beans	☐	☐	☐	☐	☐
Salmon	☐	☐	☐	☐	☐
Tofu	☐	☐	☐	☐	☐
Tree nut butter	☐	☐	☐	☐	☐
Tuna	☐	☐	☐	☐	☐
Turkey	☐	☐	☐	☐	☐
White fish	☐	☐	☐	☐	☐

Dairy & alternatives

FULL FAT

Butter	☐	☐	☐	☐	☐
Cheddar cheese	☐	☐	☐	☐	☐
Coconut yoghurt	☐	☐	☐	☐	☐
Cottage cheese	☐	☐	☐	☐	☐
Cow's milk (in cooking)	☐	☐	☐	☐	☐
Cream cheese	☐	☐	☐	☐	☐
Custard	☐	☐	☐	☐	☐
Full-cream yoghurt	☐	☐	☐	☐	☐
Ricotta	☐	☐	☐	☐	☐
Soy yoghurt	☐	☐	☐	☐	☐

Flavours & extras

BUILD THE PALATE

Basil	☐	☐	☐	☐	☐
Cinnamon	☐	☐	☐	☐	☐
Coriander	☐	☐	☐	☐	☐
Cumin	☐	☐	☐	☐	☐
Garlic	☐	☐	☐	☐	☐
Ginger	☐	☐	☐	☐	☐
Hummus	☐	☐	☐	☐	☐
Mint	☐	☐	☐	☐	☐
Olive oil	☐	☐	☐	☐	☐
Paprika	☐	☐	☐	☐	☐
Parsley	☐	☐	☐	☐	☐
Tahini	☐	☐	☐	☐	☐

Bold names are the priority allergens. Turn over for the allergen plan, safe textures and what a reaction looks like.

The best of care in the country.

Allergens, textures & reactions

(PAEDS)

Introduce each one before the first birthday and keep it in the diet. Tick a circle for every serve, and date the first taste.

Cow's milk

☐ ☐ ☐ ☐ ☐

Full-cream yoghurt or cheese — easiest first dairy.

Peanut

☐ ☐ ☐ ☐ ☐

Smooth peanut butter thinned into warm porridge.

Wheat

☐ ☐ ☐ ☐ ☐

Iron-fortified wheat cereal or a toast finger.

Sesame

☐ ☐ ☐ ☐ ☐

Tahini stirred through yoghurt or spread thinly.

Shellfish

☐ ☐ ☐ ☐ ☐

Finely chopped cooked prawn.

Egg

☐ ☐ ☐ ☐ ☐

Well-cooked scrambled egg or an omelette strip.

Tree nuts

☐ ☐ ☐ ☐ ☐

Smooth almond or cashew butter, thinned.

Soy

☐ ☐ ☐ ☐ ☐

Soft tofu, mashed or in strips.

Fish

☐ ☐ ☐ ☐ ☐

Flaked cooked salmon, bones checked.

Safe by age

Around 6 months · Smooth purée, or soft finger food the length of your finger

Long soft strips your baby can hold with a fist and gnaw — steamed carrot sticks, avocado wedges, banana with a peel "handle".

7–9 months · Lumpy mash, minced and soft-chopped
Pea-sized soft pieces once the pincer grip appears. Grate hard fruit and veg, or cook it soft.

9–12 months · Chopped family food
1–2cm soft pieces. Quarter grapes and cherry tomatoes lengthways. Still no whole nuts, popcorn, hard raw veg or lollies.

12 months + · Family meals
Keep quartering grapes and thinning nut butters until age 3, and keep hard raw veg cooked or grated.

Anaphylaxis — act now

Any one of these signs means a severe allergic reaction.

- Difficult or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Wheeze or persistent cough
- Difficulty talking or a hoarse voice
- Persistent dizziness or becoming pale and floppy

1. Lay the child flat — do not stand or walk them. If breathing is hard, sit them up.
2. Give the adrenaline injector into the outer mid-thigh if you have one.
3. Phone 000 and ask for an ambulance.
4. Phone family or an emergency contact.
5. A further dose may be given after 5 minutes if there is no improvement.

Other foods, reactions & notes

DATE · FOOD · WHAT YOU SAW

Ambulance
000

Poisons Information **13**
11 26

healthdirect **1800 022**
222

A guide, not medical advice. We teach to empower, not fear.