(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.

THE PRIORITY NINE

Allergens, textures & reactions

(PAEDS)

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

ALLERGEN	TASTES	ANY REACTIONS NOTED
Cow's milk Full-cream yoghurt or cheese — easiest first dairy.	○○○○○	
Egg Well-cooked scrambled egg or an omelette strip.	○○○○○	
Peanut Smooth peanut butter thinned into warm porridge.	○○○○○	
Tree nuts Smooth almond or cashew butter, thinned.	○○○○○	
Wheat Iron-fortified wheat cereal or a toast finger.	○○○○○	
Soy Soft tofu, mashed or in strips.	○○○○○	
Sesame Tahini stirred through yoghurt or spread thinly.	○○○○○	
Fish Flaked cooked salmon, bones checked.	○○○○○	
Shellfish Finely chopped cooked prawn.	○○○○○	

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.

Reactions & notes

DATE · FOOD · WHAT YOU SAW

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.