

100 FOODS

for Your Baby to Try Before Turning One

Variety is the spice of life! Exposing your baby to many foods helps increase acceptance and reduces picky eating. See how many of these 100 foods your baby can try before turning one!

VEGETABLES

PEAS

perfect for babies working on their pincer grasp

SNAP PEAS

snap pea crisp snacks



CILANTRO

mild salsa

EGGPLANT

baba ghanoush, great for ricotta-marinara roll ups



ASPARAGUS

roast spears



BELL PEPPERS

sliced, raw or cooked

MUSHROOMS

cooked, in meatloaf, pasta



GARLIC

BUTTERNUT SQUASH

scoop seeds, roast, peel, spears



BEETS

cooked beets or if canned, no salt



ONION



PARSLEY

chimichurri



CAULIFLOWER

CHAYOTE SQUASH

boil, peel



BRUSSELS SPROUTS



KALE

pesto, soup, pasta



SWEET POTATO

roast, peel, matchstick

PUMPKIN

roasted or canned (avoid pumpkin pie mix), muffins



CORN



ARTICHOKE

scoop flesh, add to pasta

POTATOES

fingerling, quartered, oil and roast, mashed



CARROTS

cooked, soft, roast, spears



CUCUMBER

cold spears are great for teething

GRAINS

PARSNIPS

cooked, soft, roast, spears

ZUCCHINI

cooked, soft, roast, spears

CELERY

cooked in stews, soups

FARRO

great fried as farro cakes

KAMUT

hot cereal



WAFFLES

whole wheat, spread peanut butter or ricotta

POLENTA



BARLEY

soup

CEREALS

low sugar, whole grain



PANCAKES

whole wheat, buckwheat



CORNMEAL

cornbread

BULGUR

tabbouleh



MILLET

hot cereal

ENGLISH MUFFINS

whole wheat



BREAD



BROWN RICE

cakes (no salt)



OATMEAL



PASTA

whole wheat but avoid added fiber

GNOCCHI



QUINOA

mixed in meatballs



BUCKWHEAT

pancakes, hot cereal

COUSCOUS

whole wheat



TORTILLA

corn or whole wheat

FREEKEH

risotto, soup

FRUITS	 PAPAYA ripe, soft, spears	 FIGS quartered	RASPBERRIES
 AVOCADO a perfect first baby food, peel, slice and serve	 PINEAPPLE fresh or canned (packed in own juice or water)	 BANANA start with quarters	 BLUEBERRIES better for older babies
 TOMATOES cherry, quartered for beginners	KIWIFRUIT peel, slice and serve	COCONUT unsweetened, flaked	STRAWBERRIES sliced
ORANGE slices, pith and seeds removed	 MANGO soft, peeled, spears	WATERMELON wash outside, serve soft chunks	 GRAPES quartered
 LEMON & LIME	STARFRUIT	HONEYDEW wash outside, serve soft chunks	PEACHES soft, fresh or canned (in own juice)
PLANT PROTEIN	WHITE BEANS patties	 CANTALOUPE wash outside, serve soft chunks	 PEARS soft, peeled, sliced or spears
 TOFU	CHICKPEAS falafel, hummus, veggie burgers or loaf	APPLESAUCE pancakes, muffins, oatmeal	 APPLES bake with cinnamon
EDAMAME shelled, boiled	 BLACK BEANS tacos	ALMOND BUTTER	DAIRY & EGGS
 PEANUTS Bamba, peanut powder	 KIDNEY BEANS burgers	PEANUT BUTTER smooth, thin layer on pancakes or in oatmeal	MOZZARELLA soft, low sodium
 ALMONDS meal or in homemade breakfast bars	 LENTILS veggie burgers, soup	 SEEDS sunflower butter, homemade cereal bars	RICOTTA CHEESE low sodium, great as spread on bread, pancakes, waffles
MEAT	BEEF, SLICED stew, shredded	YOGURT full fat, unsweetened, add real fruit, smoothies	 CHEESE pasteurized, low sodium, shredded, melted or plain, sticks
 FISH breaded sticks, tacos	BEEF, GROUND kofta, meatloaf, meatballs, burgers, chili	 EGGS scrambled, omelet, baked, hard-boiled egg-salad	COTTAGE CHEESE can be high in sodium, use in pasta or pancakes
TUNA fresh or if canned, low sodium, tuna salad, noodle casserole	 CHICKEN drumsticks	 FORTIFIED FAMILY www.fortifiedfam.com Katie Ferraro, MPH, RDN, CDE ©2017 The Fortified Family	
 SARDINES in oil or water, no salt	 LAMB burgers		
 SALMON cooked, flaked, patties or cakes	 TURKEY ground, roasted, legs, chunks, deli if low sodium		
 SHRIMP ceviche, shrimp cakes	 PORK burgers, chops		