



50 First Foods Checklist

3 tries + a quick note for each food

Top 50 First Foods

FOOD	1	2	3	NOTE
1. Avocado	☐	☐	☐	_____
2. Sweet potato	☐	☐	☐	_____
3. Pumpkin	☐	☐	☐	_____
4. Banana	☐	☐	☐	_____
5. Carrot	☐	☐	☐	_____
6. Broccoli	☐	☐	☐	_____
7. Cauliflower	☐	☐	☐	_____
8. Zucchini	☐	☐	☐	_____
9. Peas	☐	☐	☐	_____
10. Green beans	☐	☐	☐	_____
11. Pear	☐	☐	☐	_____
12. Apple	☐	☐	☐	_____
13. Mango	☐	☐	☐	_____
14. Peach	☐	☐	☐	_____
15. Plum	☐	☐	☐	_____
16. Blueberries	☐	☐	☐	_____
17. Strawberries	☐	☐	☐	_____
18. Kiwifruit	☐	☐	☐	_____
19. Mandarin	☐	☐	☐	_____
20. Oats	☐	☐	☐	_____
21. Brown rice	☐	☐	☐	_____
22. Quinoa	☐	☐	☐	_____
23. Potato	☐	☐	☐	_____
24. Pasta	☐	☐	☐	_____
25. Lentils	☐	☐	☐	_____

FOOD	1	2	3	NOTE
26. Chickpeas	☐	☐	☐	_____
27. Black beans	☐	☐	☐	_____
28. Chicken	☐	☐	☐	_____
29. Beef	☐	☐	☐	_____
30. Lamb	☐	☐	☐	_____
31. Pork	☐	☐	☐	_____
32. Salmon	☐	☐	☐	_____
33. Sardines	☐	☐	☐	_____
34. Hoki	☐	☐	☐	_____
35. Spinach	☐	☐	☐	_____
36. Mushrooms	☐	☐	☐	_____
37. Capsicum	☐	☐	☐	_____
38. Cucumber	☐	☐	☐	_____
39. Corn	☐	☐	☐	_____
40. Tomato	☐	☐	☐	_____
41. Beetroot	☐	☐	☐	_____
42. Asparagus	☐	☐	☐	_____
43. Cabbage	☐	☐	☐	_____
44. Kumara	☐	☐	☐	_____
45. Apricot	☐	☐	☐	_____
46. Watermelon	☐	☐	☐	_____
47. Rockmelon	☐	☐	☐	_____
48. Raspberries	☐	☐	☐	_____
49. Prunes	☐	☐	☐	_____
50. Olive oil	☐	☐	☐	_____

Flavours (20)

FLAVOUR	1	2	3	NOTE
1. Cinnamon	☐	☐	☐	
2. Paprika	☐	☐	☐	
3. Smoked paprika	☐	☐	☐	
4. Cumin	☐	☐	☐	
5. Coriander	☐	☐	☐	
6. Turmeric	☐	☐	☐	
7. Ginger	☐	☐	☐	
8. Garlic	☐	☐	☐	
9. Basil	☐	☐	☐	
10. Oregano	☐	☐	☐	
11. Thyme	☐	☐	☐	
12. Rosemary	☐	☐	☐	
13. Parsley	☐	☐	☐	
14. Dill	☐	☐	☐	
15. Mint	☐	☐	☐	
16. Nutmeg	☐	☐	☐	
17. Vanilla	☐	☐	☐	
18. Lemon zest	☐	☐	☐	
19. Lime zest	☐	☐	☐	
20. Lemongrass	☐	☐	☐	

Common Allergens (10)

ALLERGEN	1	2	3	NOTE
1. Egg	☐	☐	☐	
2. Peanut	☐	☐	☐	
3. Cow's milk dairy	☐	☐	☐	
4. Wheat	☐	☐	☐	
5. Soy	☐	☐	☐	
6. Sesame	☐	☐	☐	
7. Fish	☐	☐	☐	
8. Shellfish	☐	☐	☐	
9. Tree nuts	☐	☐	☐	
10. Lupin	☐	☐	☐	

This checklist is for tracking only. Use the note field for details such as date, preparation, amount, or observations.

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