



• Baby's First Foods •

Log for 6-8 MONTHS OLDS

NAME _____ DATE _____

Time	Foods offered	Energy rich food	High iron food	Fruit or veggie	Foods eaten

Start with tomorrow's breakfast, and write down what foods you offered, the time, the amount, and what your baby ate. Record everything down to the last meal of the day, including breastfeeds or ounces of formula or breast milk. In the sections for food groups, you can place a check mark ✓ or the food belonging to the group if you offered it at that meal, as you prefer.
 Once complete, send it to info@mamasaulait.com

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Log for 6-8 MONTHS OLDS

FOOD GROUPS



checklist
highlight or check
every new food offered



high iron foods

- Beef
- Chicken
- Fish
- Egg
- Pork
- Turkey
- Tofu
- Soja
- Chickpeas
- Beans
- Lentils
- Quinoa
- Fortified baby cereal & more...

energy rich foods

- Avocado
- Amaranto
- Shredded coconut (unsweetened)
- Olive Oil
- Peanut butter
- Almond / nut butter
- Lightly toasted bread
- Oats
- Rice
- Pasta
- Chia
- Flaxseeds & more...

fruits & veggies

- Apple
- Pear
- Orange
- Mango
- Banana
- Papaya
- Carrot
- Asparagus
- Broccoli
- Cauliflower
- Zucchini
- Peppers & more...

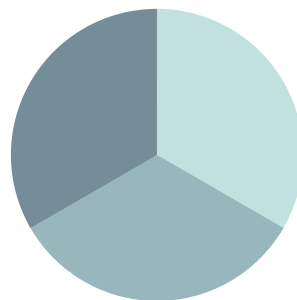
these are some examples for each group, you may add more.

allergenic

- Egg
- Fish
- Wheat
- Soja
- Peanut
- Nuts
- Almonds
- Dairy
- Shellfish
- Sesame seeds

*Try offering them between 6-12 months. For cow's milk preferably wait until 1 year old.

6-8
month
S



- energy rich foods
- high iron foods
- fruits & veggies

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