



# • Baby's First Foods •

Log for 9 MONTHS OLDs or older

**NAME** **DATE**

Time	Foods offered	Cereal	Fruit	Veggie	Protein	Fat	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](mailto:info@mamasaulait.com)



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## FOOD GROUPS CHECKLIST

highlight or check every new food offered

### fruits

- Grapes
- Clementines
- Orange
- Banana
- Watermelon
- Cantaloupe
- Raspberry
- Honeydew melon
- Cucumber
- Pineapple
- Kiwi & more...

### veggies

- Beetroot
- Eggplant
- Asparagus
- Tomato
- Nopales
- Potato
- Pumpkin
- Yuca / cassava
- Cauliflower
- Butternut squash & more...

### proteins

- Cheese
- Yogurt
- Kefir
- Tofu
- Soja
- Hemp hearts
- Sardines
- Egg
- Fish
- Chicken
- Pork
- Beef & more...

### fats

- Olive oil
- Avocado oil
- Coconut oil
- Nut butter
- Ghee
- Butter
- Avocado
- Flaxseeds
- Chia
- Shredded coconut (unsweetened) & more...

## Grains & Cereals

- Oats
- Rice
- Corn
- Quinoa
- Bread
- Pasta
- Wheat
- & more...

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

\*Remember to cut and prepare finger foods & purees as learned in the class / consultation.

You can start offering dairy (cheese, yogurt, kefir), for cow's milk preferably wait until 1 year old.

\*Start offering small pieces of food after your baby develops the pincer grasp.

\*From now on, offer 5 groups of food in each meal.

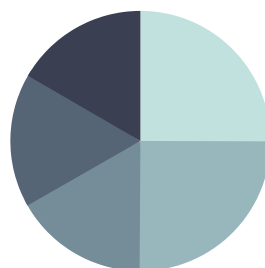
\*Around 10-12 months old, your baby may start refusing new foods or being a "picky eater", take advantage of these first months to offer a variety a foods. If you're struggling with picky eating, you can always book a feeding consultation so that we can help you!

## 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.

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- fruits
- veggies
- proteins
- cereals
- fats