



Baby's

FIRST FOODS TRACKING CHART



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VEGETABLES

- Sweet Potato ●●●●●
- Carrots ●●●●●
- Butternut ●●●●●
- Pumpkin ●●●●●
- Green Beans ●●●●●
- Peas ●●●●●
- Broccoli ●●●●●
- Cauliflower ●●●●●
- Asparagus ●●●●●
- Baby Marrow ●●●●●
- Beetroot ●●●●●
- Spinach ●●●●●
- Eggplant ●●●●●
- Tomato ●●●●●
- Red Pepper ●●●●●
- Olives ●●●●●

FRUITS

- Banana ●●●●●
- Avocado ●●●●●
- Blueberries ●●●●●
- Strawberries ●●●●●
- Raspberries ●●●●●
- Apple ●●●●●
- Pear ●●●●●
- Mango ●●●●●
- Peach ●●●●●
- Plum ●●●●●
- Apricot ●●●●●
- Kiwi ●●●●●
- Watermelon ●●●●●
- Melon ●●●●●
- Papaya ●●●●●
- Pineapple ●●●●●
- Cherries ●●●●●

PROTEINS

- Nut Butter ●●●●●
- Chicken ●●●●●
- Lentils ●●●●●
- Beef ●●●●●
- Eggs ●●●●●
- Fish ●●●●●
- Chickpeas ●●●●●
- Beans ●●●●●

GRAINS

- Oatmeal ●●●●●
- Rice ●●●●●
- Quinoa ●●●●●
- Barley ●●●●●
- Whole Wheat ●●●●●
- Pasta ●●●●●

SPICES / FLAVORS

- Cinnamon ●●●●●
- Basil ●●●●●
- Rosemary ●●●●●
- Garlic ●●●●●
- Mint ●●●●●
- Lemon ●●●●●
- Lime ●●●●●
- Ginger ●●●●●
- Tumeric ●●●●●
- Thyme ●●●●●

DAIRY

- Yogurt ●●●●●
- Cheese ●●●●●
- Cottage Cheese ●●●●●

FINGER FOODS TO TRY

- Cubed Papaya ●●●●●
- Cubed Avo ●●●●●
- Steamed Vegetable Cubes ●●●●●
- Grated Cheese ●●●●●
- Scrambled Eggs ●●●●●



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This chart is designed to help you keep track of what your baby has tried & guide you with lots of foods you can introduce.

Knowing where to start and how to do it can be a bit overwhelming. The truth is there is no right or wrong way. As a first-time mom I found it even more stressful because then how on earth do you know what to do?

Introducing solid foods is one of the most exciting (and messy) moments for you and your baby!

If you are conscious about what to give your baby so that they have the best start, but don't know what options are 'healthy' in the shops or you just don't have the time to stand in your kitchen and cook, steam, cool and pack new foods for your baby, Tummies Full of Love is your answer. With all their food containing no sugar, no salt and no preservatives. It's a good nutritious place to start. When starting with solid foods it is recommended to stick to the same thing for three days and then change onto something new. This can get a bit confusing after a few weeks, trying to remember what you have and haven't tried and/or what else you can experiment with.

Bonita Schulze - Qualified Foundation Phase and Early Childhood Development teacher. She is also a qualified Integrated Learning Therapy Practitioner. With over 10 years experience in both South Africa and abroad she has seen the importance and direct effect nutrition has on learning. She has recently completed her honors in Educational Psychology and became a new mom.

