

BABY'S FIRST 50 FOOD ADVENTURE

A first-time Mom's Fun Checklist for Baby-Led Weaning & Starting Solids





A list of 50 diverse foods across all categories. This variety ensures your baby gets a range of nutrients, flavors, and textures while you monitor for any allergic reactions.

Vegetables

Carrots (Steamed spears)
Sweet Potato (Roasted wedges)
Broccoli (Large florets)
Butternut Squash (Steamed)
Zucchini/Courgette (Roasted sticks)
Bell Peppers (Roasted strips)
Green Beans (Steamed)
Cauliflower (Large roasted florets)
Cucumber (Large chilled sticks)
Asparagus (Steamed spears)
Pumpkin (Roasted)
Beetroot (Steamed and sliced)
Mushrooms (Large sautéed)
Spinach (Finely chopped in omelettes)

Fruits (High Fiber & Vitamins)

Avocado (Slices)
Banana (Spears)
Apple (Steamed slices)
Pear (Steamed spears)
Mango (Finger-sized slices)
Strawberry (Large whole or halved)
Blueberries (Smashed—never whole!)
Raspberries (Whole)
Peach (Soft slices)
Kiwi (Slices)
Papaya (Spears)
Watermelon (Large wedges)

Proteins & Dairy (Iron-Rich)

Egg Yolk (Hard-boiled)
Whole Egg (Omelette strips)
Salmon (Flakes)
Chicken (Soft, shredded strips)
Beef (Slow-cooked, finger-sized strips)
Lamb (Tender strips)
Greek Yogurt (Pre-loaded spoon)
Cottage Cheese (Spread on toast)
Tofu (Firm strips)
Lentils (Mash or pancakes)
Chickpeas (Smashed)
Cod or White Fish (Flakes)

Grains & Healthy Fats

Oats/Porridge (Thick texture)
Quinoa (Mixed with veggie mash)
Rice (Soft clumps)
Wholemeal Toast (Finger-sized strips)
Pasta (Fusilli or large penne)
Polenta (Baked chips)
Flaxseed (Coating for slippery food)
Hemp Hearts (Sprinkled for grip)
Peanut Butter (Thinned with water/milk and spread thinly)
Almond Butter (Spread thinly)
Olive Oil (Roasted with veggies)
Chia Seeds (In puddings or sprinkled)