

# BABY WEANING

has already tasted...



## Vegetables

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> artichoke        | <input type="checkbox"/> cucumber            | <input type="checkbox"/> pepper          | <input type="checkbox"/> turnip        |
| <input type="checkbox"/> asparagus        | <input type="checkbox"/> eggplant            | <input type="checkbox"/> pumpkin         | <input type="checkbox"/> white cabbage |
| <input type="checkbox"/> beetroot         | <input type="checkbox"/> fennel              | <input type="checkbox"/> radish          | <input type="checkbox"/> zucchini      |
| <input type="checkbox"/> broccoli         | <input type="checkbox"/> green beans         | <input type="checkbox"/> red cabbage     | <input type="checkbox"/> _____         |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> green peas          | <input type="checkbox"/> red kuri squash | <input type="checkbox"/> _____         |
| <input type="checkbox"/> butternut squash | <input type="checkbox"/> Jerusalem artichoke | <input type="checkbox"/> salad           | <input type="checkbox"/> _____         |
| <input type="checkbox"/> carrot           | <input type="checkbox"/> kohlrabi            | <input type="checkbox"/> salsify         | <input type="checkbox"/> _____         |
| <input type="checkbox"/> cauliflower      | <input type="checkbox"/> leek                | <input type="checkbox"/> savoy cabbage   | <input type="checkbox"/> _____         |
| <input type="checkbox"/> celeriac *       | <input type="checkbox"/> mushrooms           | <input type="checkbox"/> spinach         | <input type="checkbox"/> _____         |
| <input type="checkbox"/> celery *         | <input type="checkbox"/> onion               | <input type="checkbox"/> sweet           | <input type="checkbox"/> _____         |
| <input type="checkbox"/> chard            | <input type="checkbox"/> parsnip             | <input type="checkbox"/> sweetcorn       | <input type="checkbox"/> _____         |
| <input type="checkbox"/> chicory          | <input type="checkbox"/> pattypan squash     | <input type="checkbox"/> tomato          | <input type="checkbox"/> _____         |

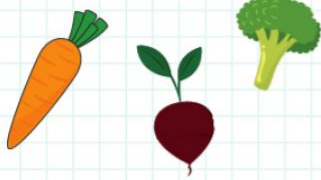
## Fruits

- |                                       |   |  |                                     |
|---------------------------------------|---|--|-------------------------------------|
| <input type="checkbox"/> apple        | <input type="checkbox"/> currant        | <input type="checkbox"/> nectarine     | <input type="checkbox"/> quince     |
| <input type="checkbox"/> apricot      | <input type="checkbox"/> dates          | <input type="checkbox"/> orange        | <input type="checkbox"/> raspberry  |
| <input type="checkbox"/> avocado      | <input type="checkbox"/> fig            | <input type="checkbox"/> papaya        | <input type="checkbox"/> rhubarb    |
| <input type="checkbox"/> banana       | <input type="checkbox"/> grape          | <input type="checkbox"/> passion fruit | <input type="checkbox"/> strawberry |
| <input type="checkbox"/> blackberry   | <input type="checkbox"/> grapefruit     | <input type="checkbox"/> peach         | <input type="checkbox"/> watermelon |
| <input type="checkbox"/> blackcurrant | <input type="checkbox"/> kiwi           | <input type="checkbox"/> pear          | <input type="checkbox"/> _____      |
| <input type="checkbox"/> blueberry    | <input type="checkbox"/> lemon          | <input type="checkbox"/> persimmon     | <input type="checkbox"/> _____      |
| <input type="checkbox"/> cherries     | <input type="checkbox"/> lychee         | <input type="checkbox"/> pineapple     | <input type="checkbox"/> _____      |
| <input type="checkbox"/> chestnuts *  | <input type="checkbox"/> mango          | <input type="checkbox"/> plum          | <input type="checkbox"/> _____      |
| <input type="checkbox"/> clementine   | <input type="checkbox"/> melon          | <input type="checkbox"/> pomegranate   | <input type="checkbox"/> _____      |
| <input type="checkbox"/> coconut      | <input type="checkbox"/> mirabelle plum | <input type="checkbox"/> prune         | <input type="checkbox"/> _____      |

## Starchy foods

- |                                       |  |                                    |   |
|---------------------------------------|--|------------------------------------|---|
| <input type="checkbox"/> cassava      | <input type="checkbox"/> bread *         | <input type="checkbox"/> buckwheat | <input type="checkbox"/> broad beans      |
| <input type="checkbox"/> potato       | <input type="checkbox"/> bulgur *        | <input type="checkbox"/> millet    | <input type="checkbox"/> chickpeas        |
| <input type="checkbox"/> sweet corn   | <input type="checkbox"/> pasta *         | <input type="checkbox"/> oats      | <input type="checkbox"/> green lentils    |
| <input type="checkbox"/> sweet potato | <input type="checkbox"/> semolina *      | <input type="checkbox"/> polenta   | <input type="checkbox"/> red kidney beans |
| <input type="checkbox"/> _____        | <input type="checkbox"/> wheat (flour) * | <input type="checkbox"/> quinoa    | <input type="checkbox"/> red lentils      |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____           | <input type="checkbox"/> rice      | <input type="checkbox"/> split peas       |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____           | <input type="checkbox"/> tapioca   | <input type="checkbox"/> white beans      |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____           | <input type="checkbox"/> _____     | <input type="checkbox"/> _____            |

\* priority allergens (see full list next page)



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## Protein foods

- |                                  |  |                                     |                                    |
|----------------------------------|--|-------------------------------------|------------------------------------|
| <input type="checkbox"/> egg *   | <input type="checkbox"/> rabbit        | <input type="checkbox"/> mackerel * | <input type="checkbox"/> trout *   |
| <input type="checkbox"/> beef    | <input type="checkbox"/> turkey        | <input type="checkbox"/> monkfish * | <input type="checkbox"/> tuna *    |
| <input type="checkbox"/> calf    | <input type="checkbox"/> offal         | <input type="checkbox"/> mussel *   | <input type="checkbox"/> whiting * |
| <input type="checkbox"/> chicken | <input type="checkbox"/> black pudding | <input type="checkbox"/> pollack *  | <input type="checkbox"/> _____     |
| <input type="checkbox"/> duck    | <input type="checkbox"/> cod *         | <input type="checkbox"/> salmon *   | <input type="checkbox"/> _____     |
| <input type="checkbox"/> ham     | <input type="checkbox"/> dab *         | <input type="checkbox"/> sardine *  | <input type="checkbox"/> _____     |
| <input type="checkbox"/> lamb    | <input type="checkbox"/> haddock *     | <input type="checkbox"/> scallops * | <input type="checkbox"/> _____     |
| <input type="checkbox"/> pork    | <input type="checkbox"/> hake *        | <input type="checkbox"/> shrimp *   | <input type="checkbox"/> _____     |

## Herbs & Spices

- |                                       |                                   |                                    |                                   |
|---------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> cinnamon     | <input type="checkbox"/> paprika  | <input type="checkbox"/> basil     | <input type="checkbox"/> parsley  |
| <input type="checkbox"/> cumin        | <input type="checkbox"/> turmeric | <input type="checkbox"/> chive     | <input type="checkbox"/> rosemary |
| <input type="checkbox"/> curry *      | <input type="checkbox"/> vanilla  | <input type="checkbox"/> coriander | <input type="checkbox"/> sage     |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> _____    | <input type="checkbox"/> dill      | <input type="checkbox"/> tarragon |
| <input type="checkbox"/> garlic       | <input type="checkbox"/> _____    | <input type="checkbox"/> laurel    | <input type="checkbox"/> thyme    |
| <input type="checkbox"/> ginger       | <input type="checkbox"/> _____    | <input type="checkbox"/> mint      | <input type="checkbox"/> verbena  |
| <input type="checkbox"/> nutmeg       | <input type="checkbox"/> _____    | <input type="checkbox"/> oregano   | <input type="checkbox"/> _____    |

## Miscellaneous

- |                                       |   |                                      |                                |
|---------------------------------------|---|--------------------------------------|--------------------------------|
| <input type="checkbox"/> almonds *    | <input type="checkbox"/> hazelnuts *                          | <input type="checkbox"/> poppy seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cashew nut * | <input type="checkbox"/> honey <i>(not before 1 year old)</i> | <input type="checkbox"/> sesame *    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> chia seeds   | <input type="checkbox"/> milk *                               | <input type="checkbox"/> walnuts *   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> chocolate    | <input type="checkbox"/> peanuts *                            | <input type="checkbox"/> yoghurt *   | <input type="checkbox"/> _____ |

## Priority allergens

- |   |  |   |                                      |
|---|--|---|--------------------------------------|
| <input type="checkbox"/> milk *           | <input type="checkbox"/> peanuts *     | <input type="checkbox"/> celery *       |                                      |
| <input type="checkbox"/> egg *            | <input type="checkbox"/> fish *        | <input type="checkbox"/> sesame seeds * | <input type="checkbox"/> sulphites * |
| <input type="checkbox"/> wheat (gluten) * | <input type="checkbox"/> crustaceans * | <input type="checkbox"/> soy *          | <input type="checkbox"/> lupine *    |
| <input type="checkbox"/> tree nuts *      | <input type="checkbox"/> molluscs *    | <input type="checkbox"/> mustard *      |                                      |

\* priority food allergens. These 14 foods are associated with majority of allergic reactions in France. When you start introducing solid foods to your baby from around 6 months, introduce the foods that can trigger allergic reactions one at a time and in very small amounts so that you can spot any reaction.