

Joeys Room



Child's Name: _____ Date of Birth: _____

Please indicate when your child has been introduced to these foods by recording the date in the corresponding box

Date	Bread/Cereals	Date	Vegetables/Herbs	Date	Fruit
	Bread		Basil		Apple
	Corn Flakes		Beans - Green		Avocado
	Couscous		Bok Choy		Banana
	Crumpets		Cabbage		Blueberries
	Muffins		Capsicum		Coconut
	Oats		Carrot		Dates
	Pasta		Cauliflower		Dried Apricots
	Rice		Celery		Grapes
	Rice cakes		Celery		Kiwi Fruit
	Savoury Crackers		Chinese Cabbage		Mandarin
	Weetbix		Choy Sum		Orange
			Corn		Passionfruit
	Meat/Meat alternatives		Cucumber		Peach
	Beef		Garlic		Pear
	Baked Beans		Leeks		Pineapple
	Chicken		Lettuce		Plum
	Fish		Marjoram		Raspberries
	Lamb		Mushrooms		Rockmelon
	Lentils		Onions		Strawberries
	Other legumes		Oregano		Sultanas
	Pork		Parsley		Tomato
	Tuna - tinned		Parsnip		Watermelon
	Turkey		Peas		
			Potato		Miscellaneous
			Pumpkin		Coconut milk
	Dairy / Eggs		Shallots		Jelly
	Full Cream Milk		Spinach		Vegemite
	Cheese		Swede		
	Cream Cheese		Sweet Potato		
	Custard		Zucchini		
	Eggs				
	Eggs in Baking				
	Greek Yoghurt				
	Ice Cream				

Updated: 14th January 2020