

Baby's First Foods Checklist

US LETTER | 3 COLORS | INSTANT DOWNLOAD PRINTABLE

BABY'S FIRST 105 FOODS

VEGETABLES

ARTICHOKE ☐ ☐ ☐ ☐ ☐ ☐
ASPARAGUS ☐ ☐ ☐ ☐ ☐ ☐
BEET ☐ ☐ ☐ ☐ ☐ ☐
BELL PEPPER ☐ ☐ ☐ ☐ ☐ ☐
BROCCOLI ☐ ☐ ☐ ☐ ☐ ☐
BRUSSELS SPROUT ☐ ☐ ☐ ☐ ☐ ☐
CABBAGE ☐ ☐ ☐ ☐ ☐ ☐
CARROT ☐ ☐ ☐ ☐ ☐ ☐
CAULIFLOWER ☐ ☐ ☐ ☐ ☐ ☐
COBE ☐ ☐ ☐ ☐ ☐ ☐
CUCUMBER ☐ ☐ ☐ ☐ ☐ ☐
EGGPLANT ☐ ☐ ☐ ☐ ☐ ☐
GREEN BEAN ☐ ☐ ☐ ☐ ☐ ☐
KALE ☐ ☐ ☐ ☐ ☐ ☐
KALEIDON ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
LIME ☐ ☐ ☐ ☐ ☐ ☐
MANGO ☐ ☐ ☐ ☐ ☐ ☐
ORANGE ☐ ☐ ☐ ☐ ☐ ☐
PAPAYA ☐ ☐ ☐ ☐ ☐ ☐
PEACH ☐ ☐ ☐ ☐ ☐ ☐
PEAR ☐ ☐ ☐ ☐ ☐ ☐
PINEAPPLE ☐ ☐ ☐ ☐ ☐ ☐
PLUM ☐ ☐ ☐ ☐ ☐ ☐
POMELO ☐ ☐ ☐ ☐ ☐ ☐
RASPBERRY ☐ ☐ ☐ ☐ ☐ ☐
STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

SPICES

BASIL ☐ ☐ ☐ ☐ ☐ ☐
CARAMEL ☐ ☐ ☐ ☐ ☐ ☐
CUMIN ☐ ☐ ☐ ☐ ☐ ☐
GAL ☐ ☐ ☐ ☐ ☐ ☐
GARLIC ☐ ☐ ☐ ☐ ☐ ☐
GINGER ☐ ☐ ☐ ☐ ☐ ☐
HONEY ☐ ☐ ☐ ☐ ☐ ☐
MUSTARD ☐ ☐ ☐ ☐ ☐ ☐
ONION ☐ ☐ ☐ ☐ ☐ ☐
PARSLEY ☐ ☐ ☐ ☐ ☐ ☐
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RASPBERRY ☐ ☐ ☐ ☐ ☐ ☐
STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

FRUIT

APPLE ☐ ☐ ☐ ☐ ☐ ☐
APRICOT ☐ ☐ ☐ ☐ ☐ ☐
AVOCADO ☐ ☐ ☐ ☐ ☐ ☐
BANANA ☐ ☐ ☐ ☐ ☐ ☐
BLACKBERRY ☐ ☐ ☐ ☐ ☐ ☐
BLUEBERRY ☐ ☐ ☐ ☐ ☐ ☐
CANTALOUPE ☐ ☐ ☐ ☐ ☐ ☐
CHERRY ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
CRANBERRY ☐ ☐ ☐ ☐ ☐ ☐
FIG ☐ ☐ ☐ ☐ ☐ ☐
Grape ☐ ☐ ☐ ☐ ☐ ☐
GRAPES ☐ ☐ ☐ ☐ ☐ ☐
HONEYDEW ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
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PEACH ☐ ☐ ☐ ☐ ☐ ☐
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PINEAPPLE ☐ ☐ ☐ ☐ ☐ ☐
PLUM ☐ ☐ ☐ ☐ ☐ ☐
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RASPBERRY ☐ ☐ ☐ ☐ ☐ ☐
STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

DAIRY

BUTTER ☐ ☐ ☐ ☐ ☐ ☐
CHEESE ☐ ☐ ☐ ☐ ☐ ☐
COTTAGE CHEESE ☐ ☐ ☐ ☐ ☐ ☐
CREAM CHEESE ☐ ☐ ☐ ☐ ☐ ☐
GOAT CHEESE ☐ ☐ ☐ ☐ ☐ ☐
GREEK YOGURT ☐ ☐ ☐ ☐ ☐ ☐
MOZARELLA ☐ ☐ ☐ ☐ ☐ ☐
PARMESAN ☐ ☐ ☐ ☐ ☐ ☐
RICOTTA ☐ ☐ ☐ ☐ ☐ ☐

ALLERGENS

EGG ☐ ☐ ☐ ☐ ☐ ☐
FISH ☐ ☐ ☐ ☐ ☐ ☐
PEANUT ☐ ☐ ☐ ☐ ☐ ☐
SEAL ☐ ☐ ☐ ☐ ☐ ☐
SHELLFISH ☐ ☐ ☐ ☐ ☐ ☐
SOY ☐ ☐ ☐ ☐ ☐ ☐
TREE NUTS ☐ ☐ ☐ ☐ ☐ ☐
WHEAT ☐ ☐ ☐ ☐ ☐ ☐

PROTEIN

BEET ☐ ☐ ☐ ☐ ☐ ☐
BLACK BEAN ☐ ☐ ☐ ☐ ☐ ☐
CHICKEN ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
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STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

GRAIN/SEEDS

BARLEY ☐ ☐ ☐ ☐ ☐ ☐
CORNMEAL ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
FLAX SEED ☐ ☐ ☐ ☐ ☐ ☐
Grapefruit ☐ ☐ ☐ ☐ ☐ ☐
HONEYDEW ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
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RASPBERRY ☐ ☐ ☐ ☐ ☐ ☐
STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

TOTAL: _____

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PINEAPPLE ☐ ☐ ☐ ☐ ☐ ☐
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TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

SPICES

BASIL ☐ ☐ ☐ ☐ ☐ ☐
CARAMEL ☐ ☐ ☐ ☐ ☐ ☐
CUMIN ☐ ☐ ☐ ☐ ☐ ☐
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STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

FRUIT

APPLE ☐ ☐ ☐ ☐ ☐ ☐
APRICOT ☐ ☐ ☐ ☐ ☐ ☐
AVOCADO ☐ ☐ ☐ ☐ ☐ ☐
BANANA ☐ ☐ ☐ ☐ ☐ ☐
BLACKBERRY ☐ ☐ ☐ ☐ ☐ ☐
BLUEBERRY ☐ ☐ ☐ ☐ ☐ ☐
CANTALOUPE ☐ ☐ ☐ ☐ ☐ ☐
CHERRY ☐ ☐ ☐ ☐ ☐ ☐
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CRANBERRY ☐ ☐ ☐ ☐ ☐ ☐
FIG ☐ ☐ ☐ ☐ ☐ ☐
Grape ☐ ☐ ☐ ☐ ☐ ☐
GRAPES ☐ ☐ ☐ ☐ ☐ ☐
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PLUM ☐ ☐ ☐ ☐ ☐ ☐
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STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

DAIRY

BUTTER ☐ ☐ ☐ ☐ ☐ ☐
CHEESE ☐ ☐ ☐ ☐ ☐ ☐
COTTAGE CHEESE ☐ ☐ ☐ ☐ ☐ ☐
CREAM CHEESE ☐ ☐ ☐ ☐ ☐ ☐
GOAT CHEESE ☐ ☐ ☐ ☐ ☐ ☐
GREEK YOGURT ☐ ☐ ☐ ☐ ☐ ☐
MOZARELLA ☐ ☐ ☐ ☐ ☐ ☐
PARMESAN ☐ ☐ ☐ ☐ ☐ ☐
RICOTTA ☐ ☐ ☐ ☐ ☐ ☐

BABY'S FIRST 105 FOODS

FRUIT

APPLE ☐ ☐ ☐ ☐ ☐ ☐
APRICOT ☐ ☐ ☐ ☐ ☐ ☐
AVOCADO ☐ ☐ ☐ ☐ ☐ ☐
BANANA ☐ ☐ ☐ ☐ ☐ ☐
BLACKBERRY ☐ ☐ ☐ ☐ ☐ ☐
BLUEBERRY ☐ ☐ ☐ ☐ ☐ ☐
CANTALOUPE ☐ ☐ ☐ ☐ ☐ ☐
CHERRY ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
CRANBERRY ☐ ☐ ☐ ☐ ☐ ☐
FIG ☐ ☐ ☐ ☐ ☐ ☐
Grape ☐ ☐ ☐ ☐ ☐ ☐
GRAPES ☐ ☐ ☐ ☐ ☐ ☐
HONEYDEW ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
LIME ☐ ☐ ☐ ☐ ☐ ☐
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PINEAPPLE ☐ ☐ ☐ ☐ ☐ ☐
PLUM ☐ ☐ ☐ ☐ ☐ ☐
POMELO ☐ ☐ ☐ ☐ ☐ ☐
RASPBERRY ☐ ☐ ☐ ☐ ☐ ☐
STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

ALLERGENS

EGG ☐ ☐ ☐ ☐ ☐ ☐
FISH ☐ ☐ ☐ ☐ ☐ ☐
PEANUT ☐ ☐ ☐ ☐ ☐ ☐
SEAL ☐ ☐ ☐ ☐ ☐ ☐
SHELLFISH ☐ ☐ ☐ ☐ ☐ ☐
SOY ☐ ☐ ☐ ☐ ☐ ☐
TREE NUTS ☐ ☐ ☐ ☐ ☐ ☐
WHEAT ☐ ☐ ☐ ☐ ☐ ☐

PROTEIN

BEET ☐ ☐ ☐ ☐ ☐ ☐
BLACK BEAN ☐ ☐ ☐ ☐ ☐ ☐
CHICKEN ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
LEMON ☐ ☐ ☐ ☐ ☐ ☐
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STRAWBERRY ☐ ☐ ☐ ☐ ☐ ☐
TOMATO ☐ ☐ ☐ ☐ ☐ ☐
WATERMELON ☐ ☐ ☐ ☐ ☐ ☐

GRAIN/SEEDS

BARLEY ☐ ☐ ☐ ☐ ☐ ☐
CORNMEAL ☐ ☐ ☐ ☐ ☐ ☐
COCONUT ☐ ☐ ☐ ☐ ☐ ☐
FLAX SEED ☐ ☐ ☐ ☐ ☐ ☐

Food First

Peter M. Rosset



Food First:

Food First: Selected Writings from 40 Years of Movement Building Teresa K Miller, Tanya M Kerssen, 2015-12-15 This book looks back on forty years of writings from the Oakland based Institute for Food and Development Policy better known as Food First on the occasion of its 40th anniversary The book highlights the breadth and depth of the organization's published works addressing issues such as hunger international trade US foreign policy the Green Revolution agroecology climate justice land reform food and farm workers rights and food sovereignty

Education for Action Joan Powell, 2001 Education for Action is an invaluable tool for making informed choices about working for social change while earning a degree This expanded fourth edition of this easy to use guidebook provides detailed information on progressive programs in a wide variety of academic fields Each entry includes a concise description of the program key faculty contacts and their interests course titles degree information and crucial addresses phone and fax numbers

Food is Different Peter M. Rosset, 2008-02-29 Why does our global food system give us expensive unhealthy and bad tasting food where we pay more for packaging and long distance shipping than we do for the food itself Why do farmers and peasants from around the world lead massive protests each and every time the World Trade Organization meets Peter Rosset explains how the runaway free trade policies and neoliberal economics of the WTO American government and European Union kill farmers and give us a food system that nobody outside of a small corporate elite wants This essential guide sets out an alternative vision for agricultural policy taking it completely out of the WTO's ambit Food is not just another commodity to be bought and sold like a microchip but something which goes to the heart of human livelihood culture and society

Shattered Christine Ahn, 2003 NAFTA The WTO Trade agreements are supposed to benefit us all Instead in the decade since they've been in effect life has become much worse for millions of ordinary Americans Hundreds of thousands of people are out of work Farmers earn less than it costs to grow their crops but consumer prices are still rising White collar jobs are following factory jobs out of the country forever Taxpayers foot the bill for the social economic and environmental wreckage And our government pushes more and more free trade as the answer to problems created by free trade In *Shattered* working people family farmers and farmworkers fishermen and seamstresses describe the ruin free trade has brought to them their families and their towns These aren't theorists these are the voices of experience And they're telling us clearly and eloquently that it's time to stop the madness that enriches a few companies at the cost of things so many Americans hold dear justice human rights community family and the dignity of work and of workers

Ending Hunger Worldwide George Kent, 2015-12-03 Why does hunger persist in a world of plenty *Ending Hunger Worldwide* challenges the naive notion that everyone wants hunger to end arguing that the powerful care but not enough to make a difference George Kent argues that the central focus in overcoming hunger should be on building stronger communities It is these communities which can provide mutual support to ensure that people don't go hungry Kent demonstrates that there is not a shortage of food but of what Amartya Sen terms opportunities

and that developing tight knit communities will lead to more opportunities for the hungry and undernourished Ending Hunger Worldwide challenges dominant market led solutions and will be essential reading for activists NGO workers and development students looking for a fresh perspective Occupational Projections and Training Data Government Publishing Office,2010-06-23 This statistical supplement to the Occupational Outlook Handbook provides data to support the information presented in the Handbook Researchers can compare over 500 occupations on factors such as employment changes job openings earnings unemployment rates and training requirements Can We Feed the World Without Destroying It? Eric Holt-Gimenez,2019-02-25 Nearly a third of the world s population suffers from hunger or malnutrition Feeding them and the projected population of 10 billion people by 2050 has become a high profile challenge for states philanthropists and even the Fortune 500 This has unleashed a steady march of initiatives to double food production within a generation But will doing so tax the resources of our planet beyond its capacity In this sobering essay scholar practitioner Eric Holt Gim nez argues that the ecological impact of doubling food production would be socially and environmentally catastrophic and would not feed the poor We have the technology resources and expertise to feed everyone What is needed is a thorough transformation of the global food regime one that increases equity while producing food and reversing agriculture s environmental impacts **Citizens and borderwork in contemporary Europe** Chris Rumford,2013-10-31 The extent to which ordinary people can construct shift and dismantle borders is seriously neglected in the existing literature The book explores the ability of citizens to participate in the making of borders and the empowerment that can result from this bordering and debordering activity Borderwork is the name given to the ways in which ordinary people can make and unmake borders Borderwork is no longer only the business of nation states it is also the business of citizens and indeed non citizens This study of borderwork extends the recent interest in forms of bordering which do not necessarily occur at the state s external borders However the changing nature of borders cannot be reduced to a shift from the edges to the interior of a polity To date little research has been conducted on the role of ordinary people in envisioning constructing maintaining shifting and erasing borders creating borders which facilitate mobility for some while creating barriers to mobility for others appropriating the political resources which bordering offers contesting the legitimacy of or undermining the borders imposed by others This book makes an original contribution to the literature and stands to set the agenda for a new dimension of border studies This book was published as a special issue of Space and Polity The People's Home Journal ,1921 Official Gazette of the United States Patent Office United States. Patent Office,1967 Edinburgh Medical Journal ,1909 Diet for a Small Planet Frances Moore Lappé,1991 Encourages making changes in dietary patterns by explaining the ways in which plant protein compares favorably with meats and providing numerous recipes for inexpensive meatless meals **ABC of Nutrition** Wilma Leslie,Catherine Hankey,Mike Lean,2025-07-14 ABC of Nutrition A practical guide to nutrition and the health problems related to foods and diet covering body composition epidemiology specific populations and more

ABC of Nutrition is a comprehensive guide to nutrition as it relates to the causes treatment and management of the symptoms and medical conditions frequently met by healthcare professionals Beginning with a new introduction to principles of nutrition and definitions of terms this revised and updated fifth edition includes new chapters on nutrition for special populations such as pregnant women children and the elderly and on the use of products marketed for sports and performance enhancement This new edition also features the latest National Institute for Health and Care Excellence guidelines on Nutrition Support for Adults as well as guidance on Maternal and Child Nutrition Written by a team of experts with a range of professional perspectives ABC of Nutrition includes valuable practical information based on clinical evidence in an easily accessible way Areas covered include Vitamins and minerals salt and sodium fats carbohydrates and proteins Nutritional deficiencies in both developing and affluent countries and the role of functional foods and nutrient fortification in addressing these deficiencies Nutrition s role in heart disease blood pressure chronic diseases such as diabetes and some types of cancer Challenges of weight management eating disorders and obesity for individuals and in the sphere of public health Addressing the large amount of misinformation circulating in the media about foods and health ABC of Nutrition is an essential stimulating read aimed at providing confidence when advising about diet and nutrition for healthcare professionals practitioners and students in many fields

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Strategies to Reduce Hunger in America United States. Congress. Senate. Committee on Labor and Human Resources, 1986

The Big Con in Education Dennis Redovich, 2005-07 The Big Con in Education is the shocking expos that details how public schools are used as convenient scapegoats for social and economic woes woes perpetuated not in schoolyards but in the halls of Congress and in the boardrooms of the Fortune 500 Author Dennis W Redovich debunks leading business and political interests who blame economic problems on an inadequate workforce claiming that schools are not educating children with the life skills needed in the twenty first century Using the United States government s own

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