INFANT TRAINING FOODS LIST

Child's Name:_____ **Updated:** _____

Consistency of food: ☐ **PUREE** ☐ **CHUNKIER PUREE/JUNIOR** ☐ **TABLE**

Please check the box by each food you would like to have us feed child when available:

Baby Cereals:
- ☐ Rice
- ☐ Oatmeal
- ☐ Banana
- ☐ Mixed

Veggies:
- ☐ Peas
- ☐ Green Beans
- ☐ Squash
- ☐ Sweet Potatoes
- ☐ Carrots
- ☐ White Potatoes
- ☐ Creamed Corn
- ☐ Creamed Spinach
- ☐ Brussel Sprouts
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Spinach
- ☐ Kale
- ☐ Collard Greens
- ☐ Zucchini
- ☐ Tomato
- ☐ Parsnip
- ☐ Turnip
- ☐ Red Potatoes
- ☐ Corn
- ☐ Celery
- ☐ Cucumber
- ☐ Green Pepper
- ☐ Red Pepper
- ☐ Yellow Pepper
- ☐ Sweet Peppers
- ☐ Lettuce
- ☐ Asparagus

Fruits:
- ☐ Applesauce
- ☐ Bananas
- ☐ Peaches
- ☐ Pears
- ☐ Apples
- ☐ Prunes
- ☐ Plums
- ☐ Apricots
- ☐ Orange
- ☐ Raspberry
- ☐ Strawberry
- ☐ Pineapple
- ☐ Mango
- ☐ Kiwi
- ☐ Papaya
- ☐ Watermelon
- ☐ Blueberry
- ☐ Raisin
- ☐ Cantaloupe

Breads/Grains:
- ☐ Whole Wheat
- ☐ Whole Grain
- ☐ 9-Grain
- ☐ Brown Rice
- ☐ White Rice
- ☐ Pasta
- ☐ Orzo
- ☐ Cous Cous
- ☐ Puffs
- ☐ Muffins
- ☐ Saltine Cracker
- ☐ Cheerios
- ☐ Banana Bread
- ☐ Bran
- ☐ Steel Cut Oatmeal
- ☐ Pita Chips
- ☐ Bagel
- ☐ Granola

Meats:
- ☐ Veal
- ☐ Beef
- ☐ Chicken
- ☐ Lamb
- ☐ Turkey
- ☐ Ham
- ☐ Tofu
- ☐ Eggs
- ☐ Fish

Mixed Foods:
- ☐ Veg/Ham
- ☐ Veg/Bacon
- ☐ Veg/Turkey
- ☐ Apples/Turkey
- ☐ Apples/Chicken
- ☐ Pears/Chicken
- ☐ Mixed Turkey
- ☐ Chicken Noodle
- ☐ Lasagna
- ☐ Spaghetti
- ☐ Veg/Pasta
- ☐ Banana/Strawberry
- ☐ Apple/Strawberry
- ☐ Raspberry Cobbler
- ☐ Shepards Pie
- ☐ Chicken Pot Pie
- ☐ Turkey Pot Pie
- ☐ Banana/Pineapple
- ☐ Fruit Cocktail

Dairy/Cheese:
- ☐ Plain Yogurt
- ☐ Yogurt & Fruit
- ☐ Yogurt Melt-aways
- ☐ Cottage Cheese
- ☐ String Cheese
- ☐ Cheddar
- ☐ Swiss
- ☐ Provolone

Other:
- ☐ Hummus
- ☐ Goldfish
- ☐ Egg Bake
- ☐ Breakfast Burrito
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Comments and additional information: