

Baby's Best First Foods & what not to give in the 1st year

MOST COMMON ALLERGENS

- ☐ Cow's milk*
- ☐ Eggs*
- ☐ Finned Fish*
- ☐ Peanuts*
- ☐ Wheat*
- ☐ Shellfish*
- ☐ Tree Nuts*
- ☐ Soy*
- ☐ Sesame*
- ☐ Celery*
- ☐ Mustard*

FRUITS

- ☐ Banana
- ☐ Avocado
- ☐ Apple
- ☐ Pear
- ☐ Mango
- ☐ Peach
- ☐ Melon
- ☐ Blueberry
- ☐ Blackberry
- ☐ Raspberry
- ☐ Strawberry
- ☐ Tomato
- ☐ Papaya
- ☐ Pineapple
- ☐ Plum
- ☐ Fig
- ☐ Watermelon
- ☐ Cherry
- ☐ Grapes
- ☐ Orange
- ☐ Grapefruit
- ☐ Lemon
- ☐ Kiwi*

VEGETABLES

- ☐ Sweet potato
- ☐ Carrot
- ☐ Parsnip
- ☐ Pumpkin
- ☐ Butternut squash
- ☐ Potato
- ☐ Peas
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Beetroot
- ☐ Green beans
- ☐ Spinach
- ☐ Corn
- ☐ Eggplant
- ☐ Onions
- ☐ Bell pepper
- ☐ Asparagus
- ☐ Lentils
- ☐ Chickpeas
- ☐ Black beans
- ☐ Kidney beans
- ☐ Beluga beans
- ☐ Edamame*
- ☐ Mushrooms

MEAT & FISH*

- ☐ Eggs*
- ☐ Lamb
- ☐ Beef
- ☐ Chicken
- ☐ Turkey
- ☐ Salmon (wild)*
- ☐ Sardines*
- ☐ Trout (freshwater)*
- ☐ Shrimp*

GRAINS

- ☐ Oats
- ☐ Millet
- ☐ Sorghum
- ☐ Buckwheat
- ☐ Barley*
- ☐ Cornmeal (polenta)
- ☐ Quinoa
- ☐ Bread*
- ☐ Semolina*
- ☐ Pasta*
- ☐ Rice

DAIRY*

- ☐ Yogurt
- ☐ Milk
- ☐ Butter
- ☐ Cottage cheese
- ☐ Ricotta
- ☐ Mozzarella
- ☐ Cheddar
- ☐ Parmesan

SPICES

- ☐ Cinnamon
- ☐ Garlic
- ☐ Bay leaf
- ☐ Ginger
- ☐ Turmeric
- ☐ Nutmeg
- ☐ Mint
- ☐ Basil
- ☐ Oregano
- ☐ Thyme
- ☐ Cilantro
- ☐ Cumin
- ☐ Dill

NUTS* & SEEDS

(Ground or as butters)

- ☐ Walnut
- ☐ Almond
- ☐ Hazelnut
- ☐ Cashew
- ☐ Pistachio
- ☐ Pecan
- ☐ Peanut
- ☐ Pine nut
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Hemp hearts
- ☐ Chia seeds (soaked)
- ☐ Flax seeds (soaked)

OTHERS

- ☐ Tofu*
- ☐ Coconut milk
- ☐ Coconut oil
- ☐ Olive oil
- ☐ Ghee
- ☐ Tempeh*
- ☐ Seaweed
- ☐ Bone broth
- ☐ Kefir*

Note that this list is not exhaustive and may vary based on cultural differences. Parents should prioritize locally sourced foods, as they offer immune and nutritional benefits, and reduce environmental impact.



What not to give

- Honey
- Sugar & Sweeteners
- Salt
- Ultra-processed foods (*chips, candy, hot dogs etc.*)
- Soft drinks & Juices
- Unpasteurised dairy
- Raw or undercooked meat, eggs, fish, poultry
- High-mercury fish (*swordfish, king mackerel, bigeye tuna etc.*)
- Cocoa
- Coffee
- Plant-based milks
- Excessive spice
- Choking hazards (*whole nuts and seeds, whole grapes, whole round berries, hard raw vegetables, popcorn, unsoaked chia seeds etc.*)

Notes:

- Breast milk or formula should remain the primary source of nutrition for infants during their first year of life.
- All of the above-listed foods should be appropriately prepared for the baby's age. Always supervise your baby while eating.
- ***Common Allergens (IgE-Mediated)** are marked with an asterisk (*). The most common allergens list is a combination as identified by the American Academy of Pediatrics (AAP) and the European Food Safety Authority (EFSA). Additional common allergens per EFSA, not listed above, include lupin and sulphur dioxide and sulphites (at concentrations of more than 10 mg/kg or 10 mg/liter).

References:

- American Academy of Pediatrics (AAP)
- European Food Safety Authority (EFSA)
- National Institute of Allergy and Infectious Diseases (NIAID)
- Food Allergy Research & Education (FARE)
- American College of Allergy, Asthma & Immunology (ACAAI)
- National Health Service (NHS)
- World Health Organization (WHO)

Disclaimer:

This guide is intended for informational purposes only and does not replace personalized advice from healthcare professionals. Always consult with a pediatrician or nutrition specialist before introducing new foods to your baby. Super Mini Eats holds no liability for any adverse reactions, health issues, or other outcomes resulting from the use or misuse of the information provided in this guide.

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