

ready to print

# BABY'S FIRST FOODS

## VEGETABLES

Asparagus	✓	✓	✓
Beans	✓	✓	✓
Bell Pepper	✓	✓	✓
Broccoli	✓	✓	✓
Carrots	✓	✓	✓
Cauliflower	✓	✓	✓
Corn	✓	✓	✓
Cucumber	✓	✓	✓
Eggplant	✓	✓	✓
Green Beans	✓	✓	✓
Kale	✓	✓	✓
Leek	✓	✓	✓
Mushroom	✓	✓	✓
Parsnip	✓	✓	✓
Pea	✓	✓	✓
Potato	✓	✓	✓
Pumpkin	✓	✓	✓
Spinach	✓	✓	✓
Squash	✓	✓	✓
Sweet Potato	✓	✓	✓
Tomato	✓	✓	✓
Zucchini	✓	✓	✓

## FRUITS

Apple	✓	✓	✓
Avocado	✓	✓	✓
Avocado	✓	✓	✓
Banana	✓	✓	✓
Bloodberry	✓	✓	✓
Blueberry	✓	✓	✓
Cherry	✓	✓	✓
Fig	✓	✓	✓
Grape	✓	✓	✓
Kiwi	✓	✓	✓
Lemon	✓	✓	✓
Mango	✓	✓	✓
Nectarine	✓	✓	✓
Orange	✓	✓	✓
Peach	✓	✓	✓
Pear	✓	✓	✓
Pineapple	✓	✓	✓
Pum.	✓	✓	✓
Raspberry	✓	✓	✓
Strawberry	✓	✓	✓
Watermelon	✓	✓	✓

## PROTEIN

Yeast	✓	✓	✓
Black Beans	✓	✓	✓
Chickpeas	✓	✓	✓
Chicken	✓	✓	✓
Chickpeas	✓	✓	✓
Egg	✓	✓	✓
Peas/Edamame	✓	✓	✓
Kidney Beans	✓	✓	✓
Lentil	✓	✓	✓
Salmon	✓	✓	✓
Tofu	✓	✓	✓
Tuna	✓	✓	✓
White Beans	✓	✓	✓

## DAIRY

Cheese	✓	✓	✓
Egg	✓	✓	✓
Yogurt	✓	✓	✓

## GRAINS

Baby	✓	✓	✓
Bread	✓	✓	✓
Chickpea	✓	✓	✓
Quinoa	✓	✓	✓
Pasta	✓	✓	✓
Quinoa	✓	✓	✓
Rice	✓	✓	✓
Tortilla	✓	✓	✓

## COMMON ALLERGENS

Milk	✓	✓	✓
Egg	✓	✓	✓
Yeast	✓	✓	✓
Peanut	✓	✓	✓
Wheat	✓	✓	✓
Strawberry	✓	✓	✓
Fig	✓	✓	✓
Tree Nuts	✓	✓	✓
Almond	✓	✓	✓

## SPICES

Yeast	✓	✓	✓
Cinnamon	✓	✓	✓
Salt	✓	✓	✓
Sage	✓	✓	✓
Vanilla	✓	✓	✓
Pepper	✓	✓	✓
Mustard	✓	✓	✓
Lemon	✓	✓	✓

↙  
US  
letter  
size  
(8.5 x 11 inches)

# Food First

**KJ Lindholm-Leary**



**Food First:**

## Decoding **Food First**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Food First**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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