

Baby's 101 First Foods Checklist

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Seafood

- Cod (Fish) 
- Crab (Shellfish) 
- Lobster (Shellfish) 
- Salmon (Fish) 
- Sardine (Fish) 
- Shrimp 
- Tilapia (Fish) 
- Trout (Fish) 

Nuts & Seeds

- Almond (Treenut) 
- Cashew (Treenut) 
- Chia Seeds 
- Hazelnut (Treenut) 
- Walnut (Treenut) 

Dairy

- Goat Cheese 
- Mascarpone (Milk) 
- Mozzarella (Milk) 
- Ricotta (Milk) 
- Swiss Cheese (Milk) 
- Yogurt (Milk) 

Meat

- Beef 
- Ground Beef 
- Chicken 
- Chicken Liver 
- Egg (Eggs) 
- Lamb 
- Pork 
- Turkey 

Beans & Legumes

- Black Beans 
- Cannellini Beans 
- Chickpeas 
- Edamame (Soy) 
- Lentils 
- Peas 
- Peanut (Peanut) 
- Pinto Beans 
- Kidney Beans 
- Tofu (Soy) 

Grains

- Basmati Rice 
- Egg Noodles (Wheat) 
- Oatmeal 
- Pasta (Wheat) 
- Quinoa 
- Bread (Wheat) 

Vegetables

- Acorn Squash 
- Asparagus 
- Beet 
- Bell Pepper 
- Broccoli 
- Brussels Sprouts 
- Butternut Squash 
- Cabbage 
- Carrot 
- Cauliflower 
- Collard Greens 
- Corn 
- Cucumber 
- Eggplant 
- Garlic 
- Ginger 
- Green Bean 
- Kale 
- Mushroom 
- Onion 
- Parsnip 
- Potato 
- Pumpkin 
- Spaghetti Squash 
- Spinach 
- Okra 
- Sweet Potato 
- Artichoke 
- Bok Choy 
- Zucchini 

Fruits

- Apple 
- Apricot 
- Avocado 
- Banana 
- Blackberry 
- Blueberry 
- Cantaloupe 
- Cherry 
- Coconut 
- Cranberry 
- Dragon Fruit 
- Grape 
- Grapefruit 
- Honeydew Melon 
- Kiwi 
- Lemon 
- Lime 
- Mango 
- Orange 
- Peach 
- Pear 
- Pineapple 
- Plantain 
- Prune 
- Raspberry 
- Strawberry 
- Tomato 
- Watermelon 



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