



THE MODERN Parent's Guide to **BABY FEEDING**

Stage-by-stage tips, safety basics, set-care know-how
and printable trackers for confident, happy mealtimes

First foods

Baby-led weaning

Allergens

Printables

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WELCOME

You're doing an amazing job

Starting solids is one of the most exciting, messy and, let's be honest, nerve-racking milestones of the first year. This guide is here to make it simpler.

Our story

We're parents too. LimeOr started around our own kitchen table, with a baby who wanted to do everything by himself, plates that slid across the tray, and more food on the floor than in the tummy.

We wanted a set that was safe, simple to clean and pretty enough to leave out on the counter. So we designed one, and wrote down everything we wish someone had told us on day one.

How to use this guide

- **Read pages 4–7 first.** They cover setup, care and quick fixes for your set.
- **Skim the stage that matches your baby** (pages 10–13), then come back as they grow.
- **Print the bonus pages** (24–28) and stick them on the fridge.



This guide shares general information based on public guidance from pediatric and public-health organizations. It does not replace advice from your pediatrician or family doctor, who knows your baby best.

START HERE

Quick Start

Five minutes now saves a lot of frustration later. Do this before the first meal.

1 Wash everything before first use

Warm soapy water or the top rack of the dishwasher for silicone pieces. Wooden-handle utensils: by hand only (see step 4).

2 Get the suction right

- Place on a **smooth, flat, non-porous** surface: sealed tray, laminate, glass, stone, smooth plastic.
- Surface and suction base must be **clean and free of crumbs or oil**. A slightly damp base often grips best.
- Set it down, then **press firmly in the centre for 5 seconds** to push the air out.
- Won't hold? Textured trays, unsealed wood, tablecloths and placemats prevent suction.
- To remove: **lift the edge of the suction base**, never pull from the rim.



3 Set up the cup

Use the **straw lid** for drinks and the **snack lid** for dry snacks. Press the lid down evenly all the way around until it sits flat. For new drinkers, fill only **halfway**. Soft silicone can be squeezed by little hands.

4 Wooden-handle fork & spoon: hand wash only

Wash by hand, dry right away and never soak, boil, microwave or put them in the dishwasher. This keeps the wood smooth and the finish intact.

5 Adjust the bib

Choose one of the four neck settings so two fingers fit between the bib and baby's neck. Open the pocket so it catches food.

Pieces look a little squished out of the box? Shipping can bend silicone. Soak in hot (not boiling) tap water for 5 minutes, reshape by hand and let cool flat.

START HERE

Meet your 14-piece set

Everything grows with your baby, from first tastes to independent toddler meals.



#	Piece	From
1	Divided suction plate Three sections for balanced meals	6 m+
2	Suction bowl Purees, oatmeal, soups, yogurt	6 m+
3	Straw cup Water with meals; learning to sip	6 m+
4-5	Straw lid + straw For drinks	6 m+
6	Snack lid Turns the cup into a snack container	9 m+
7	Adjustable bib Four sizes + food-catching pocket	6 m+
8	Fruit feeder Fresh or frozen fruit for little hands	6 m+
9	Fruit feeder cap Keeps it clean on the go	
10	Mesh pouch Extra option for the fruit feeder	6 m+
11	Wooden-handle spoon Easy-grip spoon for pre-loading practice	6 m+
12	Wooden-handle fork Soft prongs for first stabbing	9 m+
13	Toddler silicone spoon Self-feeding as skills grow	12 m+
14	Toddler silicone fork Self-feeding as skills grow	12 m+

Food-grade silicone

soft on gums, no sharp edges

BPA-free

no BPA in any piece

Lab tested

third-party tested to U.S.
CPSIA requirements

Ages are general starting points. Every baby develops at their own pace, so follow your baby's cues and your pediatrician's advice.

START HERE

Care guide, piece by piece

One page, no contradictions. When in doubt, check this table.

Piece	Dishwasher top rack	Microwave warming food	Boil / steam 3–5 min	Freezer
Plate, bowl, cup & lids	✓	✓	✓	✓
Straw	✓	—	✓	—
Bib	✓	—	✓	—
Fruit feeder, cap & mesh pouch	✓ top rack	—	✓	✓
Toddler silicone fork & spoon	✓	—	✓	—
Wooden-handle fork & spoon	✗ hand wash	✗	✗	✗

✓ safe ✗ do not — not needed for this piece

Daily routine

- Rinse right after the meal, before food dries.
- Wash in warm soapy water or on the dishwasher top rack.
- Clean the straw with a thin brush.
- Air-dry completely before storing, especially the cup and lids.

Wooden-handle utensils

- Hand wash with mild soap, rinse, dry immediately.
- Never soak, boil, microwave or dishwasher.
- Rub with food-grade mineral oil from time to time to keep the wood smooth.
- Stop using if the wood cracks or the finish flakes, and message us (page 22).

Sanitizing (occasionally)

- Boil silicone pieces for 3–5 minutes or use a steam sterilizer.
- Let cool on a clean towel before handling.
- No need to sanitize after every meal; a good wash is enough day to day.

Avoid

- Abrasive sponges, steel wool, harsh chemicals or bleach.
- Direct heat: stovetop, open flame, oven broil.
- Sharp knives on the plate.
- Microwaving empty pieces. Always heat with food in them, then stir and test.

Inspect before each use. If any piece is torn, cracked or shows bite marks, stop using it.

START HERE

Troubleshooting

Quick fixes for the most common questions parents ask us.

The plate or bowl won't stay put

Check the surface: it must be smooth, flat and non-porous. Wash the suction base with warm soapy water to remove any oily film, dry it, then press firmly in the centre for 5 seconds. The bowl has a smaller base than the plate, so give it a little extra pressure. Textured trays and unsealed wood won't hold suction.

The cup lid pops off

Press the lid down evenly all the way around until it sits flat. Little ones love to pull. Use the straw lid only during supervised meals, and fill halfway while baby learns.

Liquid squirts out of the cup

Soft silicone can be squeezed. Fill halfway, and show baby how to hold the handles rather than the body of the cup.

Soapy or food smell

Soak for 15 minutes in warm water with a splash of white vinegar or a spoon of baking soda, rinse well and air-dry. Choose a fragrance-free dish soap.

White film or water spots

Hard-water minerals from the dishwasher. Wipe with diluted white vinegar, rinse and dry with a towel. Darker colours show spots more; towel-drying keeps them looking new.

Stains from carrot, tomato or turmeric

Make a paste of baking soda and water, rub gently and rinse. A few hours in direct sunlight fades most orange stains naturally.

Wooden handle feels rough or the finish flakes

Usually caused by the dishwasher or soaking. Stop using it and message us through Amazon. We'll help.

Pieces arrived slightly bent

Soak in hot (not boiling) tap water for 5 minutes, reshape and let cool flat.

Still not right? Turn to **page 22**. We're happy to help.

CHAPTER 1 • GETTING READY

Is baby ready for solids?

Most babies are ready **around 6 months**, and never before 4 months. Age is a guide; the signs below matter more.

Signs baby is ready

- ✓ Sits upright with little or no support and holds their head steady
- ✓ Shows interest in food: watches you eat, reaches for your plate
- ✓ Opens their mouth when food comes near
- ✓ No longer pushes food straight back out with the tongue
- ✓ Can bring hands and objects to the mouth

Not a sign of readiness

- Waking more at night
- Size or weight alone
- A growth spurt or wanting more milk for a few days



Breast milk or formula still comes first

Until around 12 months, milk remains baby's main source of nutrition. Solids are for learning, tasting and building iron stores, so small amounts are perfectly normal.

Set up for safety

- Baby sits **upright** in a high chair, never reclined or in a car seat.
- An adult stays within arm's reach for the whole meal.
- No screens and no eating on the move.

Premature baby or medical concerns? Ask your pediatrician when to start.

CHAPTER 1 · GETTING READY

Gagging vs. choking

Gagging is common, noisy and normal. Choking is silent and an emergency. Knowing the difference helps you stay calm.

Gagging

A normal safety reflex

- Coughing, sputtering, retching sounds
- Red or flushed face
- Watery eyes, tongue pushing forward
- Baby may spit the food out on their own
- Baby can breathe and make noise

What to do: stay calm and close, let baby work it out. Don't put your fingers in their mouth, which can push food further back.

Choking

The airway is blocked

- Silent or unable to cry or cough
- Struggling to breathe, high-pitched sounds
- Skin or lips turning blue or pale
- Panicked look, may lose consciousness

What to do: act immediately. Start infant first aid and **call 911** (or have someone call).

Why gagging happens

A baby's gag reflex sits near the front of the tongue. It's designed to push food forward before it can reach the airway. As baby eats more textures, the reflex moves back and gagging becomes less frequent.

Our biggest recommendation

Take an **infant first-aid & CPR course** before starting solids. The Red Cross and local hospitals offer short classes, often online. It's an hour that gives you real peace of mind.

CHAPTER 2 · FEEDING STAGES

Stage 1 First tastes

The goal this month is exploring, not quantity. A few spoonfuls or a few licks of a soft strip are a great meal.

Around 6 months

Textures

Smooth purees, mashed foods and **soft finger-length strips** that squish easily between your thumb and finger. You can do purees, baby-led weaning or a mix of both.

Great foods to try

- **Iron-rich first:** iron-fortified infant cereal, well-cooked minced or shredded meat, mashed lentils, egg
- Avocado, mashed or in thick strips
- Ripe banana, halved lengthwise
- Steamed sweet potato or carrot wedges, very soft
- Plain full-fat yogurt



How to serve

- One meal a day to start, when baby is alert and not too hungry
- Offer 2 or 3 foods, then follow baby's lead
- Let baby touch and squish, since mess is how they learn
- Offer small sips of water from the straw cup with meals

Using your LimeOr set

- **Suction bowl** for purees and cereal
- **Wooden-handle spoon:** pre-load it and let baby bring it to the mouth
- **Fruit feeder** with soft, ripe fruit
- **Bib** with the pocket open

Avoid until 12 months: honey, added salt and sugar, and cow's milk as a main drink. Small amounts of cow's milk in cooking are fine.

CHAPTER 2 • FEEDING STAGES

Stage 2 Exploring textures

Baby is getting better at moving food around the mouth. Gradually make textures thicker and lumpier.

6-9 months

Textures

Thicker purees, lumpy mashes, soft finger foods and dissolvable foods. Food should still squash easily with light pressure.

Great foods to try

- Mashed beans or lentils with a little olive oil
- Strips of omelette or scrambled egg
- Soft-cooked broccoli florets with a stalk "handle"
- Shredded chicken or salmon flakes (no bones)
- Toast fingers with a thin layer of smooth nut butter



How to serve

- Move toward 2 meals a day, then 2–3
- Introduce common allergens one at a time (page 16)
- Offer a new food alongside a familiar favourite
- Repeat often: some foods need 10–15 tries before they're accepted

Using your LimeOr set

- **Divided plate:** one familiar food, one new food, one iron-rich food
- **Straw cup** with water at each meal
- **Fruit feeder** with frozen fruit for sore gums
- **Wooden-handle spoon** for thick, sticky textures

CHAPTER 2 · FEEDING STAGES

Stage 3 Finger foods & self-feeding

The pincer grasp (thumb and finger) develops. Baby can now pick up smaller pieces and feed themselves more.

9–12 months

Textures

Soft, **bite-size pieces** about the size of a chickpea, plus soft mixed textures. Most family foods work if they're soft, unsalted and cut safely.

Great foods to try

- Soft pasta shapes with a veggie sauce
- **Meatball "logs"** or flattened patties (not round balls)
- Grapes and cherry tomatoes **quartered lengthwise**
- Steamed peas, slightly flattened
- Small cubes of soft cheese, tofu or ripe pear



How to serve

- 3 meals a day, plus 1–2 snacks if baby is hungry
- Let baby use their hands and try the fork
- Sit together and eat the same foods when you can
- Offer water in the open or straw cup

Using your LimeOr set

- **Wooden-handle fork:** pre-load soft cubes, let baby try
- **Snack lid** on the cup for outings
- **Divided plate** for 3 small portions
- Keep the **bib** on, since self-feeding is messy

CHAPTER 2 • FEEDING STAGES

Stage 4 Family meals

Baby joins family meals. Toddlers can eat most of what you eat, cut into small, safe pieces and lightly seasoned.

12 months +

Textures

Most family foods, chopped small. Keep avoiding hard, round or sticky foods that are choking hazards (page 15).

Great foods to try

- Whole milk can now be offered as a drink (about 2 cups a day max)
- Pasta, rice and grain bowls with mixed veggies
- Bean or veggie patties, chopped
- Soups and stews in the suction bowl
- Fruit salad of berries, banana and diced melon



How to serve

- 3 meals + 2 planned snacks a day
- You decide *what, when and where*; your child decides *how much*
- Expect appetite to vary from day to day, which is normal
- Keep mealtimes calm, short and screen-free

Using your LimeOr set

- **Toddler silicone fork & spoon** for independent eating
- **Straw cup** or move toward an open cup
- **Divided plate** to show balanced portions
- **Suction** still helps toddlers who love to toss things

CHAPTER 2 • FEEDING STAGES

How to cut foods safely by age

Shape and softness matter as much as the food itself.

Squish test

Food should squash easily between your thumb and finger

6–9 m: think big

Finger-length strips are easiest for a whole-hand grip

9 m+: think small

Chickpea-size pieces once the pincer grasp appears

Never round

Cut round foods lengthwise into quarters

Food	6–9 months	9–12 months	12 months +
Banana	Halved lengthwise, or a peeled piece with the peel as a "handle"	Thick slices or chickpea-size pieces	Small pieces
Avocado	Thick wedges (roll in crushed cereal for grip)	Small cubes	Small cubes
Grapes	Not recommended yet	Quartered lengthwise	Quartered lengthwise
Blueberries	Flattened between your fingers	Flattened or halved	Halved
Broccoli	Steamed floret with a long stalk	Small soft florets	Small florets
Carrot	Steamed very soft, finger-length strips	Soft-cooked small pieces	Cooked; avoid raw coins
Apple	Steamed soft, or grated raw	Thin soft-cooked slices or grated	Thin slices or grated
Meat	Shredded, or a large strip to suck on	Shredded or minced	Small, tender pieces
Egg	Omelette strips	Chopped scrambled or omelette	Chopped
Pasta	Large shapes (e.g., rigatoni), well cooked	Small soft shapes	Any shape
Cheese	Thin strips of soft cheese	Small cubes or grated	Small cubes
Nut butter	Thin layer on toast or mixed into oatmeal	Thin layer	Thin layer, never in globs

CHAPTER 3 · SAFETY & NUTRITION

Choking hazards: do's & don'ts

Most choking risks come from the shape, size and texture of food, so a few habits make a big difference.

Do

- ✓ Seat baby upright and stay within arm's reach
- ✓ Cook hard vegetables until soft
- ✓ Cut round foods (grapes, cherry tomatoes) lengthwise into quarters
- ✓ Flatten blueberries and peas for young babies
- ✓ Spread nut butters thinly
- ✓ Remove bones, pits, seeds and tough skins
- ✓ Let baby feed at their own pace

Avoid before age 4

- ✗ Whole nuts and seeds, popcorn
- ✗ Whole grapes, cherry tomatoes, olives
- ✗ Hot dogs or sausages in coins
- ✗ Raw hard vegetables (carrot, celery), raw apple chunks
- ✗ Hard candies, gum, marshmallows
- ✗ Globs of nut butter on a spoon
- ✗ Eating while walking, crawling, in a car seat or lying down

Household check

- Store small objects, batteries and magnets out of reach.
- Keep older siblings' snacks (popcorn, nuts) away from baby.
- Take an infant first-aid course (see page 9).



CHAPTER 3 · SAFETY & NUTRITION

Introducing allergens

Current guidance from pediatric and public-health organizations: introduce common allergens **early**, around 6 months, once baby is eating a few other foods. Then **keep offering them regularly**.

Milk

Egg

Peanut

Tree nuts

Soy

Wheat

Fish

Shellfish

Sesame

Mustard*

* Mustard is a priority allergen in Canada.

1 One new allergen at a time

Offer it at home, early in the day, when baby is well, so you can watch for a reaction over the next few hours.

2 Start small, in a safe form

Peanut: a thin layer of smooth peanut butter or peanut powder stirred into oatmeal or puree. Egg: well-cooked, never raw. Nuts: smooth butters or finely ground, never whole.

3 Wait a couple of days before the next new allergen

It makes any reaction easier to identify.

4 Keep it in the diet

Once tolerated, keep offering the allergen **regularly**, a few times a week. Offering it once and then stopping can undo the benefit.

Mild reaction?

A few hives around the mouth, a rash or vomiting: stop the food and call your pediatrician before offering it again.

Call 911 right away if

Baby has trouble breathing, swelling of the lips, tongue or face, widespread hives, repeated vomiting, or becomes pale and floppy.

Talk to your pediatrician **before** introducing allergens if baby has severe eczema, a known food allergy, or a parent or sibling with a food allergy. Use the tracker on page 25.

CHAPTER 3 · SAFETY & NUTRITION

Iron-rich first foods

Around 6 months, the iron babies are born with starts to run low. That's why iron-rich foods are recommended first, and at most meals.

Animal sources

absorbed best

- Beef, lamb, pork (minced, shredded or strips)
- Dark-meat chicken and turkey
- Salmon, sardines, trout (deboned)
- Eggs (well cooked)

Plant sources

pair with vitamin C

- Lentils, chickpeas, black beans
- Tofu
- Iron-fortified infant cereal
- Spinach, kale (cooked and chopped)

Vitamin C boosters

help absorb plant iron

- Strawberries, kiwi, orange segments
- Bell pepper (cooked soft)
- Broccoli, tomato
- Mango, papaya

Easy iron-rich combos

Lentil & sweet potato mash

+ a few mashed strawberries on the side

Beef & veggie patty strips

+ soft-cooked bell pepper

Iron-fortified oatmeal

+ mashed kiwi or mango stirred in

Omelette strips with spinach

+ quartered cherry tomatoes (9 m+)

Salmon flakes & avocado

+ steamed broccoli tree

Hummus on toast fingers

+ orange segments, membrane removed

Plate tip: on the divided plate, give one section to an iron-rich food at every meal.

CHAPTER 3 • SAFETY & NUTRITION

Temperature, prep & batch cooking

A little planning makes homemade baby food fast, safe and stress-free.

Serving temperature

- Serve food lukewarm or at room temperature.
- After microwaving, **stir well** to remove hot spots, wait a minute, then test on the inside of your wrist.
- Never microwave the wooden-handle utensils or an empty plate or bowl.

Food safety

- Wash hands, produce and surfaces before preparing food.
- Cook meat, fish and eggs thoroughly.
- Serve from a small portion, not from the storage container, since saliva spoils leftovers.
- Throw away food left on the plate after the meal.



Batch & freeze in 30 minutes

- Steam 3–4 vegetables and one protein at once.
- Puree or mash, then freeze in ice-cube trays.
- Pop cubes into labelled freezer bags with the date.
- Use within 1–2 months for best quality.

Thaw & store

- Thaw overnight in the fridge, never on the counter.
- Reheat once only.
- Fridge: homemade purees 2–3 days.
- Mix two cubes for new flavour combos.

Flavour, not salt: mild herbs and spices like cinnamon, cumin, garlic, dill or mint are great from the start.

CHAPTER 4 · EVERYDAY MEALTIMES

Encouraging independence

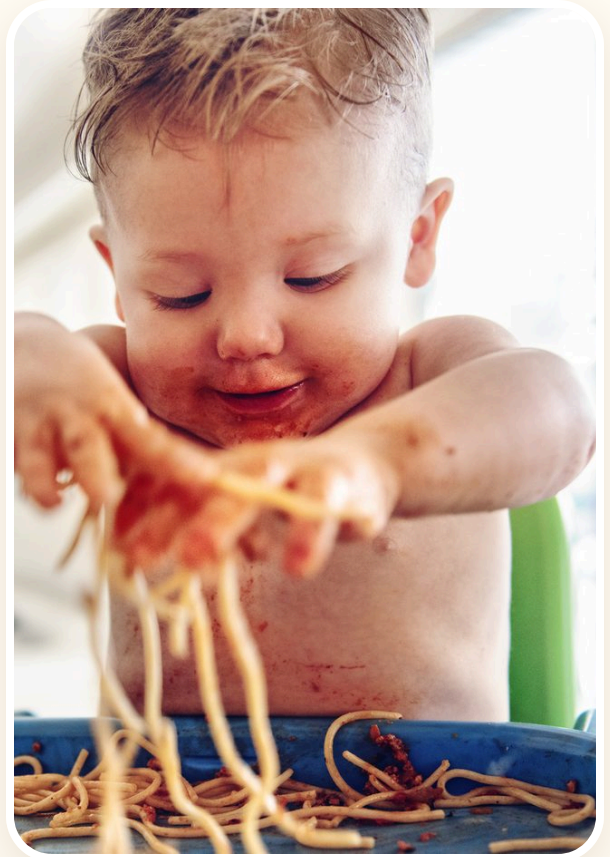
Self-feeding builds fine motor skills, confidence and a healthy relationship with food. Your job: offer. Baby's job: explore.

Simple phrases that help

- "You can touch it, smell it, taste it."
- "Show me how you hold it."
- "Are you all done, or still hungry?"
- "Look, I'm eating it too!"

What helps

- **Pre-load the spoon** and hand it over; let baby bring it to the mouth.
- **Offer choices** between two safe foods.
- **Praise effort**, not the amount eaten.
- **Eat together**: babies learn by copying you.



Learning to drink

6 months

Small sips of water from the straw cup at meals

6–12 months

Practise with the straw lid; try a few sips from an open cup too

12 months +

Cup for all drinks; move away from bottles

Responsive feeding: watch for "all done" cues like turning away, closing the mouth or pushing food away. Never force "one more bite".

CHAPTER 4 • EVERYDAY MEALTIMES

Minimizing mess

Some mess is part of learning. These habits keep it manageable.

Smart setup

- Place the suction plate and bowl directly on a **clean, dry, smooth** tray. No placemat underneath.
- Use the bib with the pocket open.
- Put a washable mat or old towel on the floor under the high chair.
- Roll up sleeves, or feed baby in just a diaper and bib.

Portion control

- Serve small amounts and add more when needed.
- Offer 2 or 3 foods at a time, not the whole meal.
- Keep a "refill" bowl out of reach.
- Use the snack lid for crackers and puffs.

Cut the tossing

- Tossing is often a sign baby is full or bored. End the meal calmly.
- Calmly say "Food stays on the plate" and redirect.
- Avoid big reactions, which can turn tossing into a game.

Make cleanup faster

- Rinse the set right after the meal.
- Keep a damp cloth and small brush nearby.
- Let wet spills dry, then sweep crumbs.
- Wipe the bib and hang to dry.



Suction works best on a bare tray. Placemats, cloths and textured surfaces stop it from gripping. See page 4 for the 5-second suction trick.

CHAPTER 4 • EVERYDAY MEALTIMES

Mealtime fun & 5-minute cleanup

Happy, relaxed meals help babies try more foods.

Make it playful

- **Colour game:** "Find the red food!"
- **Taste words:** crunchy, soft, sweet, sour. Name them as baby tries.
- **Rainbow plate:** one colour per section of the divided plate.
- **Shapes:** cut soft foods with a cookie cutter.
- **Sing a short "all done" song** to signal the end of the meal.

When baby refuses a food

- Stay neutral; no pressure, no bribes.
- Offer it again another day, prepared differently.
- Serve it beside a favourite.
- Remember: 10–15 tries is normal.



The 5-minute cleanup routine

1

Wipe baby's hands and face; baby goes to a safe play area

2

Release the suction pieces and rinse the set

3

Dishwasher top rack, except wooden handles: wash those by hand

4

Rinse the bib, wipe the tray and high chair

5

Sweep or shake out the floor mat. Done!

Need help? We're here

Something missing, broken or not working the way it should? Let us make it right.

Message us through Amazon

Amazon app or website



Your Orders



Your LimeOr order



Contact Seller

A real person on our team reads every message and usually replies within 24 hours.

Tell us

What happened

Which piece, and what you noticed: suction, fit, finish, a missing item.

A photo

A quick photo helps us understand right away and find the best solution.

Your colour

Pink, Gray or Green, so we can match the right piece.

Before writing, have a look at the **Troubleshooting page (7)**. Most suction and cleaning questions have a quick fix.

Thank you

Every small bite is progress, and you're doing an amazing job.

Thank you for letting LimeOr be part of your baby's first meals. We hope this guide makes the journey a little calmer and a lot more fun.

Share your experience

Once your little one has used the set for a few weeks, we'd love to hear how it's going. An honest review on Amazon helps other parents choose what's right for their family.

[Your Orders](#)[Write a product review](#)

Share the moment

Post your favourite mealtime photos with **#LimeOrLittleWins** so other parents can celebrate with you.



"Small bites, big wins."

PRINTABLE

Ready for solids? Checklist

Tick each sign as you notice it. Most boxes ticked? Time for a first-try plan.

Baby's name _____ Date _____

- ☐ Sits upright with minimal support and holds head steady
- ☐ Shows interest in food (watches, reaches, opens mouth)
- ☐ Tongue-thrust reflex is fading (doesn't push all food out)
- ☐ Brings hands and objects to the mouth
- ☐ Can turn head away to show "no thanks"
- ☐ Is around 6 months old (never before 4 months)
- ☐ Pediatrician check-up done or questions asked

My first-try plan

First food: _____

Day & time: _____

How I'll serve it: _____

Who will be there: _____

How it went

Reaction: _____

Amount (licks / bites): _____

Baby's mood: _____

Next food to try: _____

Notes & questions for the pediatrician

PRINTABLE

Allergen tracker

Introduce one at a time, then keep each allergen in baby's diet regularly. Tick a box each time it's served.

Baby's name _____ Started on _____

Allergen	1st try date	Food / form used	Reaction? (none / notes)	Keep offering, tick each serving
Peanut				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Egg				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Milk (dairy)				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Wheat				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Soy				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Sesame				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Tree nuts				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Fish				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Shellfish				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Mustard				☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Any signs of a reaction? Stop the food and call your pediatrician. Trouble breathing or swelling of the face: call 911.

PRINTABLE

100 First Foods

Variety early on helps build adventurous eaters. How many can you try before the first birthday?

Tick the box when tried · colour a circle each time it's offered (it can take 10–15 tries!) · ● common allergen

Fruits

☐ Apple	○ ○ ○
☐ Apricot	○ ○ ○
☐ Avocado	○ ○ ○
☐ Banana	○ ○ ○
☐ Blackberry	○ ○ ○
☐ Blueberry	○ ○ ○
☐ Cantaloupe	○ ○ ○
☐ Cherry (pitted)	○ ○ ○
☐ Grapes (quartered)	○ ○ ○
☐ Kiwi	○ ○ ○
☐ Mango	○ ○ ○
☐ Orange	○ ○ ○
☐ Papaya	○ ○ ○
☐ Peach	○ ○ ○
☐ Pear	○ ○ ○
☐ Pineapple	○ ○ ○
☐ Plum	○ ○ ○
☐ Raspberry	○ ○ ○
☐ Strawberry	○ ○ ○
☐ Watermelon	○ ○ ○

Vegetables

☐ Asparagus	○ ○ ○
☐ Beet	○ ○ ○
☐ Bell pepper	○ ○ ○
☐ Broccoli	○ ○ ○
☐ Butternut squash	○ ○ ○
☐ Carrot	○ ○ ○
☐ Cauliflower	○ ○ ○
☐ Corn	○ ○ ○
☐ Cucumber	○ ○ ○
☐ Eggplant	○ ○ ○
☐ Green beans	○ ○ ○
☐ Kale	○ ○ ○
☐ Mushroom	○ ○ ○
☐ Parsnip	○ ○ ○
☐ Peas	○ ○ ○
☐ Potato	○ ○ ○
☐ Spinach	○ ○ ○
☐ Sweet potato	○ ○ ○
☐ Tomato	○ ○ ○
☐ Zucchini	○ ○ ○
☐ Cabbage	○ ○ ○
☐ Leek	○ ○ ○

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100 First Foods (continued)

Proteins

- ☐ Beef ○ ○ ○
- ☐ Chicken ○ ○ ○
- ☐ Turkey ○ ○ ○
- ☐ Pork ○ ○ ○
- ☐ Lamb ○ ○ ○
- ☐ Salmon ○ ○ ○
- ☐ Cod ○ ○ ○
- ☐ Sardines ○ ○ ○
- ☐ Egg • ○ ○ ○
- ☐ Tofu • ○ ○ ○
- ☐ Lentils ○ ○ ○
- ☐ Chickpeas ○ ○ ○
- ☐ Black beans ○ ○ ○
- ☐ Kidney beans ○ ○ ○
- ☐ Edamame (mashed) • ○ ○ ○
- ☐ Peanut butter • ○ ○ ○
- ☐ Almond butter • ○ ○ ○
- ☐ Hummus • ○ ○ ○
- ☐ Shrimp • ○ ○ ○
- ☐ Liver ○ ○ ○

Grains

- ☐ Oatmeal ○ ○ ○
- ☐ Rice ○ ○ ○
- ☐ Quinoa ○ ○ ○
- ☐ Barley ○ ○ ○
- ☐ Millet ○ ○ ○
- ☐ Buckwheat ○ ○ ○
- ☐ Pasta • ○ ○ ○
- ☐ Toast • ○ ○ ○
- ☐ Couscous • ○ ○ ○
- ☐ Polenta ○ ○ ○
- ☐ Pancakes • ○ ○ ○
- ☐ Tortilla • ○ ○ ○
- ☐ Amaranth ○ ○ ○
- ☐ Infant cereal ○ ○ ○

Dairy

- ☐ Plain yogurt • ○ ○ ○
- ☐ Cottage cheese • ○ ○ ○
- ☐ Ricotta • ○ ○ ○
- ☐ Cheddar • ○ ○ ○
- ☐ Mozzarella • ○ ○ ○
- ☐ Butter • ○ ○ ○
- ☐ Kefir • ○ ○ ○
- ☐ Paneer • ○ ○ ○

Herbs & spices

- ☐ Cinnamon ○ ○ ○
- ☐ Cumin ○ ○ ○
- ☐ Garlic ○ ○ ○
- ☐ Ginger ○ ○ ○
- ☐ Basil ○ ○ ○
- ☐ Parsley ○ ○ ○
- ☐ Dill ○ ○ ○
- ☐ Mint ○ ○ ○
- ☐ Paprika (mild) ○ ○ ○
- ☐ Turmeric ○ ○ ○

Allergen extras

- ☐ Tahini (sesame) • ○ ○ ○
- ☐ Cashew butter • ○ ○ ○
- ☐ Ground walnut • ○ ○ ○
- ☐ Hazelnut butter • ○ ○ ○
- ☐ Mustard (pinch) • ○ ○ ○
- ☐ White fish • ○ ○ ○

Foods tried: _____ / 100

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Weekly meal planner

Plan ahead, cook once, relax at mealtime. Laminate it and use a dry-erase marker week after week.

Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Snack							
Dinner							
Iron-rich?	☐	☐	☐	☐	☐	☐	☐

New food this week

Allergen this week

Batch-cook list

Favourites & wins this week

About LimeOr Supplies

At LimeOr, we believe mealtime is more than eating. It's a chance to grow, connect and explore. We design safe, practical and beautiful feeding essentials that help babies build independence while giving parents peace of mind.

Food-grade silicone

BPA-free

Lab tested

to U.S. CPSIA requirements



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Important

This guide provides general information only and is not medical advice. Always consult your pediatrician or family doctor about your baby's health, development, allergies and feeding. Supervise your child at all times during meals. Inspect all pieces before each use and discard at the first sign of damage.

Sources

American Academy of Pediatrics (HealthyChildren.org): Starting Solid Foods; Choking Prevention · Health Canada: Nutrition for Healthy Term Infants, 6 to 24 months · U.S. CDC: When, What, and How to Introduce Solid Foods · NIAID: Addendum Guidelines for the Prevention of Peanut Allergy · Canadian Paediatric Society (Caring for Kids)

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