SAFE FOOD LIST

Compile a list of all the foods you know your child enjoys to eat. Be as specific as you can e.g. the shape of pasta, flavour of yoghurt etc. When offering meals, try to always include 1-2 of the foods on this list (i.e. safe foods) alongside some new foods. Your aim is to try to continue to add to this list as your child begins to enjoy more foods.

CARBOHYDRATE FOODS	PROTEIN & DAIRY FOODS	FRUIT & VEGETABLES
e.g. plain pasta, mashed potato, bread	e.g. cow's milk, boiled eggs, chicken nuggets	e.g. blueberries, watermelon