



For Parents: What Is Your Baby Eating? Let Us Know!

Today's Date

Baby's Name (first and last)

Baby's Birth Date

Parent's Name (first and last)

Is your baby eating solid foods? Yes No

What texture(s) of food do you give to your baby?



pureed



mashed



ground



finely chopped

Which of these foods does your baby currently eat?

Grains

- crackers
- iron-fortified infant cereal (check all that apply)
 - barley cereal oat cereal
 - wheat cereal rice cereal
- ready-to-eat cereal (such as whole-grain o-shaped cereal)
- pieces of bread/toast pieces of pita bread pieces of soft tortilla

Meat and Meat Alternates (Protein Foods and Dairy)

- beans
- beef
- pork
- chicken
- cottage cheese
- eggs
- fish
- turkey
- cheese
- yogurt
- shellfish

Which of these foods does your baby currently eat?

Vegetables

- broccoli butternut squash cauliflower corn spinach peas
 carrots sweet potatoes tomatoes green beans other: _____

Fruits

- apples apricot bananas blueberries mangos
 peaches pears prunes strawberries other: _____

What else does your baby eat? _____

Parent's Signature: _____

A handout from *Feeding Infants in the Child and Adult Care Food Program*
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