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

<table>
<thead>
<tr>
<th>Today’s Date</th>
<th>Baby’s Name (first and last)</th>
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</thead>
<tbody>
<tr>
<td>Baby’s Birth Date</td>
<td>Parent’s Name (first and last)</td>
</tr>
</tbody>
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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?  

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Parent’s Signature: ________________________________________________

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