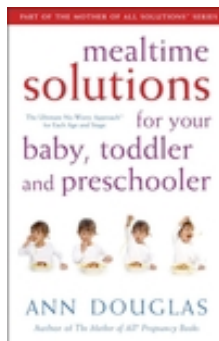


Mealtime Solutions Baby Food Diary

Use the *Mealtime Solutions Baby Food Diary* to keep track of new foods that you introduce to your baby. Pediatric nutritionists recommend allowing a three to seven day gap in between each new food so that you can look for any signs that your baby is having difficulty tolerating a particular new food. Having a food diary can also make it easier to determine which textures your baby has mastered (liquid or puréed, thicker purées, mashed or chopped, table foods) and which types of tastes he prefers—something that can be helpful as you start thinking about which foods to introduce next.



The *Mealtime Solutions Baby Food Diary* is designed to be used in conjunction with *Mealtime Solutions for Your Baby, Toddler, and Preschooler: The Ultimate No-Worry Approach for Each Age and Stage* by Ann Douglas (Wiley, 2006). Here's a quick reference guide to some of the pages in the book you may wish to refer to as you're filling out *The Mealtime Solutions Baby Food Diary*.

- To find out which foods should be on your baby's menu at each age and stage, see **Table 2.1: First Foods: What's on the Menu?** (pages 60 to 61) and **Table 2.2: First Foods: A Step-by-Step Guide to Feeding Your Baby** (pages 62 to 36) and **Table 3.1: Added Tastes and Textures: What's on the Menu?** (pages 83 to 85) and **Table 3.2: More Textures and Tastes: A Step-by-Step Guide to Feeding Your Baby** (pages 87 to 87)
- To find out which foods should be avoided, consult **Table 2.4: What's Not On The Menu: Foods That Are Unsafe for Babies** (pages 70 to 72)
- To find out introducing new textures to your baby, see **Table 3.2: More Tastes and Textures: A Step-by-Step Guide to Feeding Your Baby** (pg. 86 to 87).

New Food	Date Introduced	Notes How well your baby is tolerating the taste/texture, any reactions, etc.

