## **Baby's Solid Foods Journal**

Keep this simple journal of the new foods you feed your baby as a record of which foods might have triggered a reaction. The first line is an example of notes you may add.

Offer all foods 1 AT A TIME. Only offer 1 new food every 3 - 5 days.

Baby's Current Age and Stage		Date Introduced	Physical Reactions	Diaper appearances	Notes	What is next?
7 months, smooth food	Pureed strawberries	02/20/2020	Rash and redness on cheeks	Normal, brown in color, solid	Rash came next day	Peas