Family of Christ
Child Development Center

Today's Date: _____ Baby's Full Name: _____

Baby's Birthdate: _____ Parent's Full Name: _____

Does your baby drink water? ☐ Yes ☐ No

Does your baby eat solid food? ☐ 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

☐ pasta ☐ puffs ☐ rice teethers ☐ garlic bread

## Meat and Meat Alternates (Protein Foods and Dairy)

☐ beans ☐ beef ☐ pork ☐ chicken ☐ cottage cheese

☐ eggs ☐ fish ☐ turkey ☐ cheese ☐ yogurt ☐ shellfish

☐ yogurt melts ☐ milk

Which of these foods does your baby currently eat?

## Vegetables

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

## Fruits

- ☐ apples
- ☐ apricot
- ☐ bananas
- ☐ blueberries
- ☐ mangos
- ☐ peaches
- ☐ pears
- ☐ prunes
- ☐ strawberries
- ☐ other: _____
- ☐ plums
- ☐ melons
- ☐ pineapple
- ☐ cherries
- ☐ mandarin oranges

What else does your baby eat? _____

_____

_____

_____

_____

_____

_____

Parent's Signature: _____