



# First 20 Foods Tracker

Track your child's first foods, textures, and responses!

#	DATE	FOOD NAME	TEXTURE AT FIRST OFFER	CHILD'S RESPONSE	NOTES FOR NEXT TIME
1					

P = Purée. D = Dissolvable. SS= Soft solid. H = Hard solid

L= Loved it A= Accepted it U= Unsure R= Rejected it G= Gagged

!!!Allergic Reaction!!!

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