

## **Introductory Food Chart**

PROCARE will NOT introduce food to your child.  
Please sign off on the items they have tried and are allowed to eat.

FOOD	YES	NO
<b>PRODUCE</b>		
Orange		
Apple		
Banana		
Grapes		
Pears		
Kiwi		
Tomatos		
Cucumber		
Carrots		
Celery		
Onion		
Corn		

<b>DAIRY</b>		
Milk		
Eggs		
Butter		
Marble Cheese		
Mozzarella		
Cream Cheese		
Vanilla Yogurt		
<b>MEAT</b>		
Chicken		
Ground Beef		
Tuna (canned)		
Salmon		
Haddock Fish		
Pollock Fish		
Ham		
<b>SNACKS</b>		
Carrot Loaf		
Raisins		
Baby Mums		

Graham Crackers		
M. Christie Crackers		
Ritz Crackers		
Gold Fish		
Animal Crackers		
Cheerios		
Rice Krispies		
Pretzel Sticks		
Shreddies		
<b>GRAINS</b>		
Bagels		
English Muffins		
Whole Wheat Bread		
White Bread		
Spaghetti		
Penne Noddles		
Flat Greek Pita		

Long Grain Rice		
<b>OTHER</b>		
Kidney Beans		
Chilli		
Pizza		
Salt		
Pepper		
Hummus		
Oatmeal		

**Allergies:**

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**Comments:**

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