food introduction log

LittleOak
NEW ZEALAND

PRINCIPLES OF FOOD INTRODUCTION

Choose high quality foods
Choose whole foods
Provide nutrient-dense foods
Select easy to digest foods

SYMPTOMS TO WATCH FOR:

Eczema
Gas
Dark circles around the eyes
Vomiting
Hives
Unusual fatigue
Swelling
Runny nose
Diarrhea
Fussiness
Blood in stool

Date	New Food	Watch for Symptoms*				Symptom Notes
		Day 1	Day 2	Day 3	Day 4	

*Introduce one new food each 3-5 days, keeping an eye out for potential food-related reactions. The Food Introduction Log will help you track the foods that you are introducing to your baby, as well as any reactions that she may have. If your baby has a mild reaction, it's best to stop giving her the food that you suspect is causing it. If it clears up, you can try the same food again. But if the reaction occurs again, you may be dealing with a food allergy. At this point it's best to take your bub to the GP for testing. Of course, any severe reactions should be dealt with immediately by calling 000.