Stage 1 Foods – Supported Sitter

Vegetables	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction	Fruits	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Carrots							Apples						
Green Beans							Apricot						
Peas							Bananas						
Pumpkin							Peaches						
Sweet Potato							Pears						
Squash							Prunes						

Grains	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction	Protein	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Oatmeal													
Rice Cereal													
Multigrain													