

US LETTER

FOOD CHART

FRUITS

Apple	😊😊😊
Pear	😊😊😊
Banana	😊😊😊
Cantaloupe	😊😊😊
Blueberry	😊😊😊
Blackberry	😊😊😊
Raspberry	😊😊😊
Pomegranate	😊😊😊
Prune	😊😊😊
Strawberry	😊😊😊
Watermelon	😊😊😊
Sugar-Apple	😊😊😊
Prickly Pear	😊😊😊
Pineapple	😊😊😊
Grapes	😊😊😊
Avocado	😊😊😊
Plum	😊😊😊
Tomato	😊😊😊
Peach	😊😊😊
Dragon Fruit	😊😊😊
Mango	😊😊😊
Apricot	😊😊😊
Cherry	😊😊😊
Clementine	😊😊😊
Orange	😊😊😊
Date Fruit	😊😊😊
Elderberry	😊😊😊
Figs	😊😊😊
Grapefruit	😊😊😊
Papaya	😊😊😊
Passion Fruit	😊😊😊
Kiwi	😊😊😊
Guava	😊😊😊
Lychee	😊😊😊
Olive	😊😊😊

VEGGIES

Asparagus	😊😊😊
Artichoke	😊😊😊
Sweet Potato	😊😊😊
Broccoli	😊😊😊
Cauliflower	😊😊😊
Kidney Bean	😊😊😊
Green Bean	😊😊😊
Yellow Bean	😊😊😊
Peas	😊😊😊
Green Pepper	😊😊😊
Yellow Pepper	😊😊😊
Red Pepper	😊😊😊
Red Potato	😊😊😊
Beet	😊😊😊
Bok Choy	😊😊😊
Brussel Sprout	😊😊😊
Kale	😊😊😊
Green Cabbage	😊😊😊
Red Cabbage	😊😊😊
Carrot	😊😊😊
Yellow Potato	😊😊😊
Celery	😊😊😊
Radish	😊😊😊
Corn	😊😊😊
Zucchini	😊😊😊
Cucumber	😊😊😊
Soybean	😊😊😊
Eggplant	😊😊😊
Pumpkin	😊😊😊
Lettuce	😊😊😊
Spinach	😊😊😊
Squash	😊😊😊
Mushroom	😊😊😊
Onion	😊😊😊
Parsnip	😊😊😊

PROTEINS

Chicken	😊😊😊
Beef	😊😊😊
Pork	😊😊😊
Shrimp	😊😊😊
Tuna	😊😊😊
Scallop	😊😊😊
Oysters	😊😊😊
Cod	😊😊😊
Salmon	😊😊😊
Trout	😊😊😊
Egg	😊😊😊

DAIRY

Plain Yogurt	😊😊😊
Vanilla Yogurt	😊😊😊
Strawberry Yogurt	😊😊😊
Ice Cream	😊😊😊
Mozzarella cheese	😊😊😊
Yellow Cheddar Cheese	😊😊😊
White Cheddar Cheese	😊😊😊
Cottage Cheese	😊😊😊
Curb Cheese	😊😊😊
Sour Cream	😊😊😊

GRAINS

Rice Cereal	😊😊😊
Oat Cereal	😊😊😊
Barley Cereal	😊😊😊
Brown Rice	😊😊😊
Millet	😊😊😊
Oatmeal	😊😊😊
Rye	😊😊😊
Maize	😊😊😊
Wheat	😊😊😊



= Baby likes



= Maybe, maybe not



= Baby dislikes