

# Baby Bites Grocery List

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## Canned Foods

- Look for canned foods with  
low salt & no sugar
- Applesauce (sugar-free)
  - Beef Broth (low salt)
  - Black Beans
  - Cannellini Beans
  - Chicken
  - Chicken Broth (low salt)
  - Green Chilies
  - Kidney Beans
  - Pineapple
  - Pinto Beans
  - Refried Beans
  - Soup \_\_\_\_\_
  - Tomatoes: 14 oz or 28 oz
  - Tuna, Chunk Light
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## Dairy

- Butter
- Cheese \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Eggs-Grain Fed/Cage Free
- Milk
- Yogurt (plain)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen Foods

- Apple Juice
- Broccoli
- Green Beans
- Ground Beef or Turkey
- Fish Sticks
- Orange Juice
- Turkey Sausage
- Peas
- Spinach Chopped
- Strawberries
- Whole-Wheat Waffles
- \_\_\_\_\_

## Grains & Nuts

- Bread
- Brown Rice
- Chips \_\_\_\_\_
- Cereal \_\_\_\_\_
- Cookies \_\_\_\_\_
- Crackers \_\_\_\_\_
- Cream of Wheat
- Nuts \_\_\_\_\_
- Oatmeal
- Pancake Mix (Whole-Grain)
- Pasta
- Popcorn
- Raisins
- Seeds  
Pumpkin / Sunflower
- Tortilla, wheat
- \_\_\_\_\_
- \_\_\_\_\_

## Meats & Fish

- Beef \_\_\_\_\_
- \_\_\_\_\_
- Chicken \_\_\_\_\_
- \_\_\_\_\_
- Chicken/Turkey Sausage
- \_\_\_\_\_
- Fish \_\_\_\_\_  
Cod Filets  
Haddock  
Salmon (avoid farm-raised)
- Lamb
- Turkey Bacon
- \_\_\_\_\_
- \_\_\_\_\_

## Produce/Fruit

- Apples
- Bananas
- Berries \_\_\_\_\_
- Grapes: Red or Green
- Lemon or Lime
- Melon
- Oranges
- Peaches
- Pears
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

