

Olive

DOB: 16 Sept 2025 · Age: 9 months

Parent contact: Mum · Dad

Date range: 28 Mar 2026 – 14 June 2026 · Printed: 16 June 2026

Made with love for Olive.

SAFE TO SERVE

32 of 71

DO NOT SERVE

0 of 71






NOT YET TESTED

39 of 71


This report summarises the foods that have been trialled with Olive, grouped by daycare-relevant categories. It is intended for daycare or GP use. Foods the family has chosen to skip are listed in their own section. Recommended ages reflect Australian consensus (ASCIA, NHMRC) cross-checked with international guidance. Your paediatrician's advice for your child always overrides anything in this report.

SAFE TO SERVE

Most common allergens

 Cow's milk ~6mo+ Egg ~6–12mo Peanuts ~6–12mo Sesame ~6–12mo Soy ~6mo+ Wheat ~6mo+

















Tree nuts


 Almond ~6mo+ Cashew ~6mo+

Grains, legumes & seeds

 Oats ~4mo+ Rice ~4mo+

Fruit & vegetables

 Apple ~6mo+ Avocado ~4mo+ Banana ~4mo+ Blueberry ~6mo+ Broccoli ~6mo+ Carrot ~6mo+ Cauliflower ~6mo+ Corn ~6mo+ Kiwi ~6mo+ Mango ~6mo+ Orange ~6mo+ Peach ~6mo+ Peas ~6mo+ Pineapple ~6mo+ Potato ~6mo+ Pumpkin ~4mo+ Spinach ~6mo+ Strawberry ~6mo+ Sweet potato ~4mo+ Tomato ~6mo+ Watermelon ~6mo+

 Zucchini ~6mo+

DO NOT SERVE

No foods with moderate or severe reactions logged.

NOT YET TESTED

Most common allergens

Breast milk ~0mo+

Fish ~6mo+

Shellfish ~6mo+

Tree nuts

Brazil nut ~6mo+

Hazelnut ~6mo+

Pecan ~6mo+

Pine nut ~6mo+

Pistachio ~6mo+

Walnut ~6mo+

Grains, legumes & seeds

Barley ~6mo+

Chickpea ~6mo+

Lentils ~6mo+

Mustard seeds ~6mo+

Poppy seeds ~6mo+

Quinoa ~6mo+

Fruit & vegetables

Apricot ~6mo+

Asparagus ~6mo+

Beetroot ~6mo+

Capsicum ~6mo+

Eggplant ~6mo+

Fig ~6mo+

Garlic ~6mo+

Grapes ~6mo+

Leek ~6mo+

Lemon ~6mo+

Melon ~6mo+

Mushroom ~6mo+

Onion ~6mo+

Parsnip ~6mo+

Raspberry ~6mo+

Dairy & protein

Beef ~6mo+

Black beans ~6mo+

Cheese ~6mo+

Chicken ~6mo+

Lamb ~6mo+

Pork ~6mo+

Tofu ~6mo+

Turkey ~6mo+

Yoghurt ~6mo+

RECENT FEEDINGS (LAST 14 DAYS)

DATE	FOOD	LOGGED BY	SEVERITY	NOTES
14 June 2026	Carrot	Mum	—	—
13 June 2026	Apple	Mum	—	—
12 June 2026	Broccoli	Dad	—	—
11 June 2026	Peanuts	Mum	—	—
10 June 2026	Blueberry	Mum	—	—
9 June 2026	Peas	Dad	—	—
8 June 2026	Cow's milk	Mum	—	—
7 June 2026	Strawberry	Dad	—	—
5 June 2026	Mango	Dad	—	—
4 June 2026	Soy	Dad	—	—
3 June 2026	Tomato	Mum	—	—

This is a parent-maintained record, not a medical document and not medical advice. No warranty is provided regarding completeness or accuracy. Discuss any concerns with the child's GP or paediatrician. In an emergency, call 000.