

**A guide
for parents**

A close-up photograph of a baby with light brown hair and blue eyes, sitting in a high chair. The baby's face and hair are smeared with orange-colored food, likely baby food. The baby is holding a piece of food in their right hand. The high chair has a grey and white patterned backrest. The background is a soft-focus pattern of circles in various colors (blue, green, yellow, grey).

getting A TASTE FOR Weaning

Introduction

Aveen has accumulated over 20 years' nutrition experience and is passionate about food and health promotion. She firmly believes that our diets have a huge impact on our health and lifestyle.

Teaching children about food and letting them learn to enjoy food from an early age is so important for both their health and relationship with food. Encouraging your baby to eat healthy food from the beginning will help them to make healthy choices as they get older. This will help reduce their risk of developing lifestyle-related diseases such as obesity, heart disease and type 2 diabetes.

We have developed this booklet to help guide parents with healthy eating ideas and provide them with the knowledge around key nutrients in the first few years of life.



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'Welcome TO Weaning'



WELCOME TO WEANING

You're about to embark on an exciting new journey with your baby!

Weaning is considered a window of opportunity to introduce your baby to a variety of foods, textures and flavours, and teach them that food can be fun as well as nutritious.

There are two main approaches when it comes to weaning: the more traditional manner of starting with pureed spoon-feeds and progressing onto finger food, or baby-led weaning, where the baby has more control and you let them feed themselves from the beginning. Either option is fine and some parents even use a combination of both.

When do I start?

Weaning should begin close to 6 months (up to 26 weeks) of age¹. The timing of introducing solid foods depends on each infant's nutritional and developmental needs. Each infant will show signs of readiness. Don't worry if initially your baby does not seem to take much food – this will be a new experience for them. As they learn this new skill of pushing food to the back of their mouth and swallowing, they'll begin to eat a little more.

Why around 6 months?^{1,2}

- Babies get most of the nutrients they need from their usual milk until they are around 6 months.
- By 6 months their kidneys and digestive system will be developed enough to take solids.
- Iron stores from birth are used up by age 6 months. Iron must then be consumed from the diet.
- Babies will be better at moving food around their mouth, chewing and swallowing it. This may help with progressing to a range of tastes and textures more quickly.

GETTING READY TO WEAN

Developmental signs indicating your baby is ready to start weaning include:

Your baby is looking at or trying to grab food – this could mean they are ready to move on to solids

Your baby is sitting up well without support, and holding their head up

Your baby chews and dribbles more frequently

Your baby starts to demand feeds more frequently over a time period of more than one week

Your baby doesn't seem satisfied after they have finished their milk feed



Weaning stages

Stage 1 (Starting off)

- The initial consistency should be a thin puree. You can thicken this as the baby learns to take food from a spoon.
- Your baby should be offered a varied diet: foods with different flavours and textures, including bitter-tasting green vegetables. We are all born with a natural preference for sweet flavours; this is why your little one is more likely to accept carrot than spinach or broccoli.
- Introduce one new food at a time every 2–3 days.

Stage 1

Food examples:

Pureed vegetables e.g. broccoli, carrot, courgette, turnip, spinach, parsnip.
Mashed potato or sweet potato.
Pureed fruit e.g. apples, pears.
Pureed, well-cooked meat, chicken or fish (all bones removed).
Pureed peas and beans.

Stage 2 (6–9 months)

- As the weaning progresses, aim to mince or mash the foods. As your child learns to eat, lumpier consistency should be well accepted.
- By 7–8 months, your baby will start to pick things up with their thumb and finger, and transfer objects from one hand to another. This is a good time to introduce finger foods.

Stage 2

Food examples:

Yoghurt, custard, fromage frais.
Well-cooked eggs.
Low sugar breakfast cereals.
Bread, pasta.
Cheese.
Pure nut butters
(free from added salt and sugar).



Stage 3 (9–12 months)

- A choppiest consistency and family foods with some adaptations should work well now (cut into bite-sized pieces and taken from a spoon or as finger foods).

By 12 months, most family foods are now suitable for your baby, but make sure they do not have added salt or sugar.

Both home-cooked and commercial baby foods are good options for infants being introduced to solid food. It is a personal choice and can be a good idea to offer both. The most important thing is to ensure that a variety of foods and textures are provided to your baby.

Practical tip
Avoid adding butter and sugar to your baby's foods and never add honey or salt derivatives.





Getting the timing right

It is recommended to start encouraging your baby to drink from a beaker at 6 months. This will further develop their swallowing reflex. Offer cooled boiled water or baby's usual milk. Aim to have your baby drinking from a non-lidded beaker or cup by 12 months, if possible.

Practical tip
Remember that your little one may need to receive a new flavour 8–10 times before accepting it.

Midday is considered a good time of day to start weaning. For the first couple of days, try to feed your baby at the same time and then gradually increase meals. Within 10–14 days, you could be up to giving them solids up to 3 times per day. If you're having difficulty at the start, offer them some of their milk first, as they will be used to getting their food in a steady stream and may get frustrated. Then offer them some solids.

How much?

A rough guideline is to start with about 5–10 teaspoons (tsp) of food (about 30g) at one meal. You can then increase it to 2 meals a day, and then up to 3 meals per day. After a few weeks, or as weaning is established, you will find that they will increase to 2–4 tablespoons (tbsp) of food at each meal, then to about 4–6 tbsp from 9 months. Their stomachs are very small which is why snacks are so important. From about 9 months, most babies should be given 3 meals and 2 snacks per day.

Dropping milk feeds

Gradually, as your baby starts eating more solid food, they will naturally start drinking less of their usual milk. If you are breast-feeding, this is a very natural process where they will start taking less milk automatically and the amount of feeds will drop off naturally. They tend to drop the night feed first.

Often when babies cry, a natural first response is to try to comfort them through feeding. However, it is possible to overfeed babies. To make sure baby gets just the right amount of nutrition, aim to look for your child's hunger cues. Your baby's tummy is tiny, so they need to eat small amounts frequently. Responsive feeding means responding to your baby's early feeding cues, the little signs they make to let you know they're hungry, or full.

Signs that a baby might be hungry:

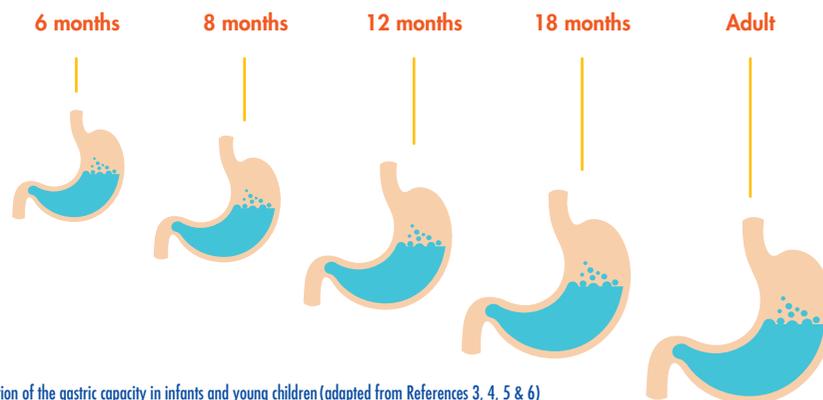
- They put hands in or near their mouth.
- They are more active, moving their hands and feet.
- They cry — but this is a late sign.

Both home-cooked and commercial baby foods are good options for infants being introduced to solid food. It is a personal choice and can be a good idea to offer both. The most important thing is to ensure that a variety of foods and textures are provided to your baby.

Baby-Led Weaning

This is a relatively new way to approach weaning. With this method, babies use age-appropriate foods to feed themselves. This process should not begin until 6 months, as by this time your baby naturally becomes more accustomed to the feel of 'solid food' in their mouth and this will encourage them to chew more.

Remember, your baby's tummy is not the same size as yours



Evolution of the gastric capacity in infants and young children (adapted from References 3, 4, 5 & 6)

Signs of being full include:

- Stopping and starting feeding frequently.
- Spitting out their milk feed.
- Ignoring their milk feed or turning their head away.



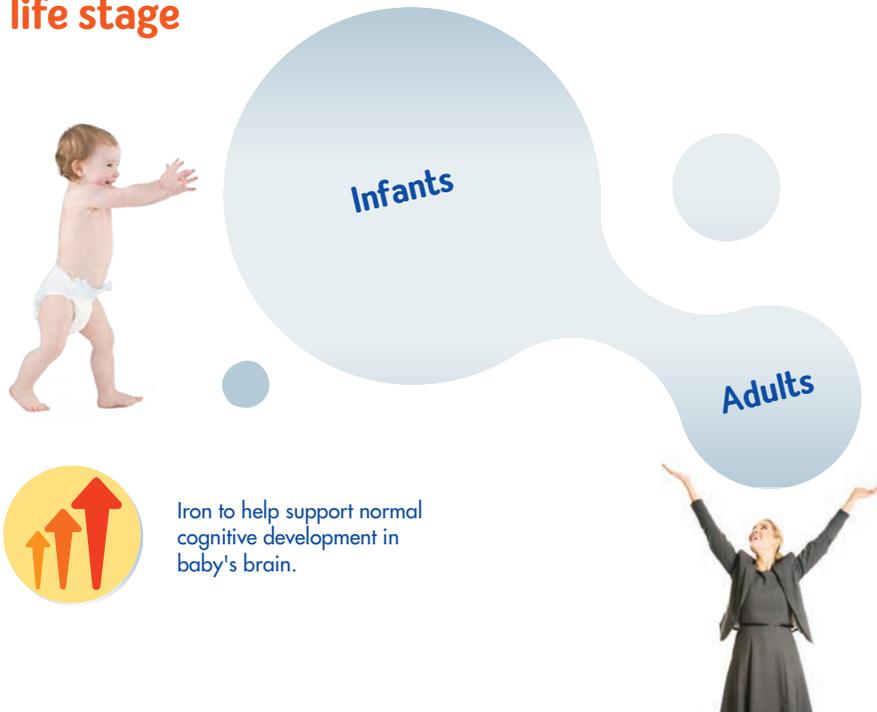
KEY NUTRIENTS

Whilst all food is important for your baby, there are a few key nutrients that are of particular importance when weaning

Iron

Iron is important for your baby's brain development, especially between 6 months and 2 years of age. As babies grow at such a fast rate, they have high iron requirements. Babies are born with a 5 – 6 month supply of iron from the mother – so once weaning starts you need to introduce iron rich foods into their diet¹.

Your baby's iron requirements per kilogram of body weight are higher than during any other life stage



Sources of iron

The best source of iron is from meat (e.g. beef, pork, lamb) as they contain a highly-absorbable form of iron known as 'haem iron'. Iron from plant foods (called non-haem iron) is less well absorbed by our bodies, but is still considered a good source. Other good sources of iron include foods such as beans, lentils, dried fruits, dark green leafy vegetables and some fortified cereals. When picking breakfast cereals, stick to low sugar options. Make sure to offer plenty of fruits and vegetables as they provide lots of vitamin C, which improves iron absorption from non-meat sources.

Fortified milk drinks designed specifically for babies over 6 months, such as follow-on milk, can be one way to help support a baby's iron intake in combination with a healthy, balanced diet.

Certain foods can reduce iron absorption, such as fibre found in bran, whole-grains, tofu and beans. Small amounts of whole-grain foods and beans should be included in a baby's diet and are good for them. However, bran is very high in fibre and should never be given to babies. Very high fibre foods can also fill babies up therefore decreasing their appetite.



It is also recommended not to give your baby tea as there are compounds called tannins in tea that can reduce iron absorption.

Did you know?
Brain volume triples from birth to 2 years and reaches adult volumes by 5 years.



Vitamin D

Vitamin D is naturally present in a few foods, added to others, and available as a dietary supplement. Sunshine is usually the main source of vitamin D, but in our climate, it is difficult to reach the required amount. Also, it is recommended that babies are not exposed to direct sunlight and should be protected from the sun by clothing, shade and sunscreen. This leaves us with a few natural food sources such as oily fish, eggs, fortified foods and milks. For this reason, breastfed babies should be given a daily supplement containing 8.5 to 10 micrograms of vitamin D until 1 year of age. Formula-fed babies require a vitamin D supplement once they're having less than 500ml (about a pint) of infant formula a day⁷. If breastfeeding, it is also important that mum takes a daily vitamin D supplement.

Did you know?

Although vitamin D is commonly referred to as the "sunshine vitamin" and is best known in relation to bone health, it also contributes to the normal function of the immune system in children.

Essential fatty acids

We often hear that there are good fats and bad fats; the truth is we need all fats in our diet. We need to pay particular attention to omega-3 fats. These are described as essential fats, which means that they are vital for brain and eye health. The body cannot make them itself, therefore we must get them from our diets. Omega-3 fatty acids are found in oily fish e.g. salmon, mackerel, trout and sardines. It is a good idea to include 30g (1 oz) of oily fish per week from 7 months to meet your baby's omega-3 requirements.

Did you know?

Omega-3 fatty acids are highly concentrated in the brain, which is why they are thought to be so important for brain development.



Vitamin D and calcium support the normal growth and development of bones. Omega 3 & 6 support normal development and growth.

What if I want to wean my baby onto a vegetarian diet?

The principles of weaning are the same whether you decide to wean your baby as a vegetarian or a non-vegetarian. With planning and care, a vegetarian diet can provide all of the nutrients your baby needs. You still need to focus on the three main nutrients: iron, omega-3 and vitamin D.

When it comes to iron, you may need to consider some foods that are fortified with iron like fortified breakfast cereals and meat alternatives. Then include eggs, beans, pulses, lentils and plenty of green vegetables in their diet. It is also a good idea to give fruit and vegetables alongside meat alternatives, as the vitamin C will help your baby to absorb more iron.

All babies require a vitamin D* supplement and you can consider some vegetarian sources of omega-3 including: rapeseed, walnut oil or flaxseed oils, eggs enriched with omega-3 and ground walnuts (potential allergens are included in FAQs section). As with any diet, a varied vegetarian diet can provide all the nutrients your baby needs for growth and development. Just ensure that your baby is getting enough calories and reaching their growth goals.

If considering a vegan diet, it can be challenging for weaning babies to get all of the calories and nutrients they need, so you may need to speak with a dietitian or GP.

* Formula-fed babies shouldn't be given a vitamin D supplement until they're having less than 500ml (about a pint) of infant formula a day, as infant formula is fortified with vitamin D.⁸





FROM 12 MONTHS

So, your baby has reached one and is growing in independence

Their diets will be more varied, and they will hopefully be agreeable to drinking from a beaker! At this point, your toddler can enjoy family foods and eat with the family. Their tummies are still very small, so they will still need to eat little and often.

What is a child-sized portion?

There's little official guidance on children's portion sizes, so here are some handy suggestions to help.



Bread & rice



Fruit & vegetables



High fats & sugars



Meat, fish, eggs
& beans



Milk & dairy

Remember that certain nutrients like iron, omega-3, vitamin D and calcium are still particularly important.

Iron continues to be an important mineral for your toddler's development and plays a vital role in helping to support normal cognitive development. Iron requirements are higher than normal, so a varied diet, including iron-rich foods, will really help your little one continue to thrive and grow.

Foods that are good sources of iron

- Meat, fish and poultry.
- Dark green leafy vegetables.
- Pulses: beans and peas.
- Iron-fortified breads and cereals (always check the labels and choose low sugar options).
- Fortified milk drinks for toddlers.

All children aged 6 months to 5 years are recommended to be given vitamin supplements containing vitamins A, C and D** every day.⁹

Vitamins A & C

These vitamins are plentiful in brightly-coloured fruits and vegetables. Both vitamins A & C help support the normal function of a child's immune system. Foods that are red, orange and yellow in colour tend to be rich sources of vitamin A, e.g. carrots, sweet potato, peppers, tomatoes and butternut squash. Great sources of vitamin C include oranges, kiwi, strawberries, broccoli, spinach and potatoes.



Vitamins A, C & D to help support the normal function of baby's immune system.

** Formula fed babies shouldn't be given a vitamin D supplement if they're having more than 500ml (about a pint) of infant formula a day, because infant formula is fortified with vitamin D.

Vitamin D

Vitamin D is essential for healthy bone development as well as growth. Vitamin D also contributes to the normal function of the immune system in children. Sunshine is usually the main source of vitamin D production but, due to our climate, it is difficult to reach the required amount of vitamin D for children. Children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D⁹. Natural food sources of vitamin D include oily fish, eggs and some fortified foods, like yoghurts. Fortified milk drinks designed specifically for toddlers, such as growing up milks, can also be one way to help support a child's vitamin D intake in combination with a healthy balanced diet.

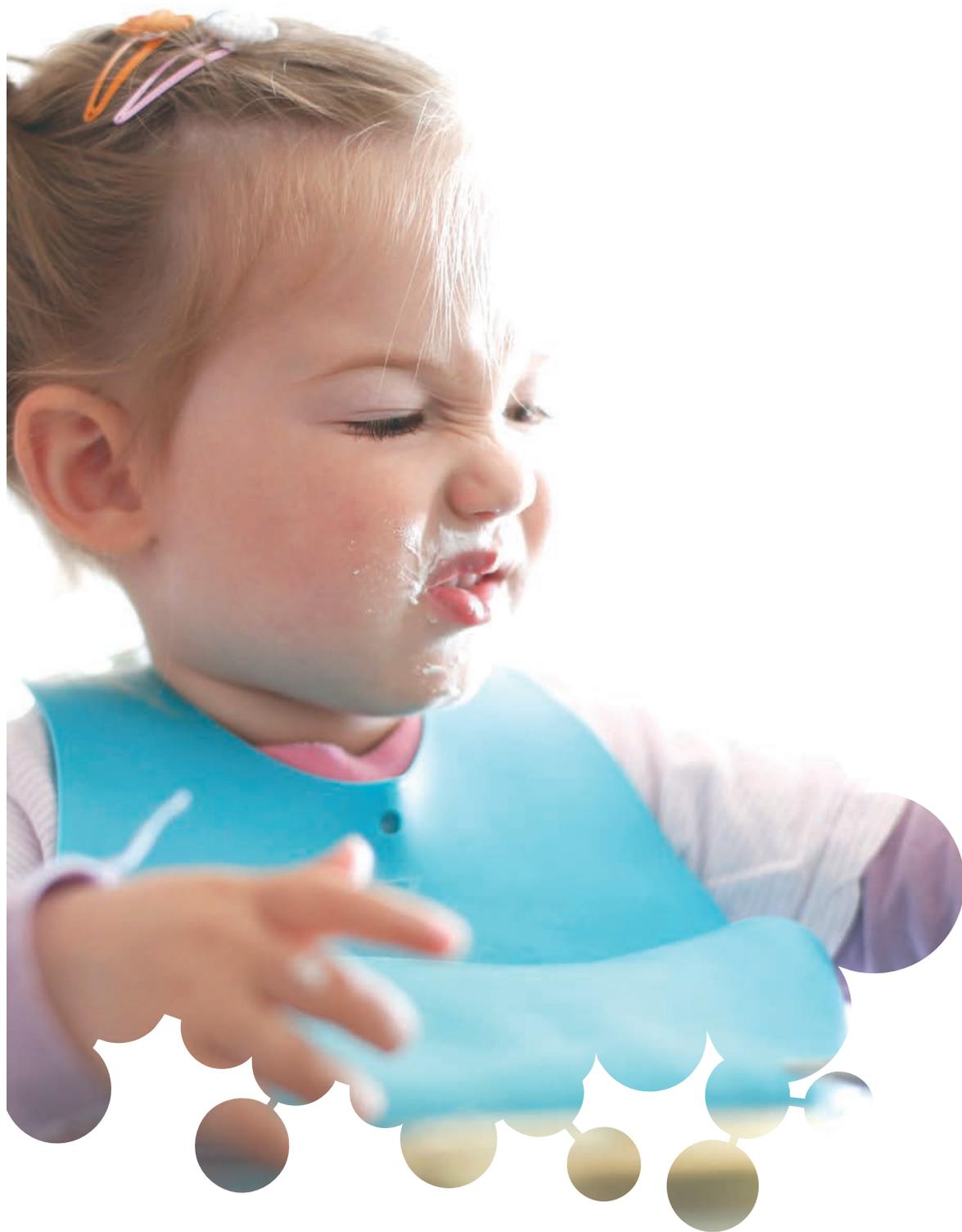
Did you know?

Vitamin D contributes to the absorption of calcium. As your child starts to drink less of their usual milk they will need to rely on calcium from other food sources. You can try introducing them to full-fat yoghurt and tinned fish, such as sardines and pilchard.

What's the story with fibre?

Fibre is imperative for good health. It's often described as 'nature's sweeping brush' and helps keep our digestive system working properly. The key thing is getting the right amount in your diet. As adults, we are trying to increase our fibre intake, however young toddlers tend to get enough if they are eating a balanced diet.

There are no firm recommendations about how much fibre children under 2 years of age need. A varied diet from 6 months, while gradually increasing amounts of pulses, fruits and vegetables is encouraged, as is gradually increasing whole grains. However, don't make their diet too high in fibre. Your child's tummy is about the size of a clenched fist and fibre can help fill them up. Too much fibre could result in your child feeling too full to eat enough calories. As with all things nutrition, it is all about balance. Keep their diet varied and try to monitor their bowel habit.



Fussy eaters!

This is the dreaded phase that unfortunately most toddlers will go through at some point. Firstly, try not to worry. If your child is sleeping, healthy and meeting growth goals they are probably fine. Fussy eating is now recognised as a normal part of child development.

Children's appetites, like our own, can vary from day to day, so it is a good idea to listen to their appetite cues. On the other hand, food refusal can be a show of independence or wanting to take control of food. Whatever the reason, it can be very testing on your patience.

Did you know that a child needs to be exposed to foods 8 – 10 times before they decide if they like it or not? So, don't be put off by facial expressions. When possible, a good idea is to eat together as a family and let your child see you eating a variety of foods and colours.

Did you know?

You should avoid giving your toddler fluids before mealtimes in case they get too full. Also, ensure your toddler does not rely too much on milk; 400–500mls of their usual milk per day is plenty for a child over 1 year of age.



FAQS

Everyone has questions when it comes to weaning. Some of the most commonly asked questions include:

When can I give my baby cow's milk?

Cow's milk should not be offered as the main milk drink until your child is at least 1 year old (or later for a premature baby as advised by your healthcare professional).

What do I do if my baby doesn't like certain foods?

Babies will make funny faces when they try new flavours and their appetites may vary from day to day. If they appear to dislike a food, take it away and try it again at a later date. Everyone has food preferences, some more than others, but it takes at least 8–10 times to know if we really don't like something. So, don't give up on the first attempt.

Sometimes food refusal can simply be a show of independence, so try offering your baby a spoon for self-feeding too.

When can I give my child gluten?

Gluten can be introduced from the start of weaning. In fact, research suggests that introducing gluten too early (before 17 weeks) or too late (after 30 weeks) can increase your child's risk of developing coeliac disease or type 1 diabetes in later life. However, large amounts of gluten should be discouraged in the first few months after food introduction. When introducing gluten, it is best to start with small amounts. Try one serving (e.g. ½ slice of bread, or 2–3 pieces of pasta twice in one week) then you can increase to 3 times the following week and so on.

What about allergens?

Avoiding certain foods when weaning to prevent allergy is not recommended. There is no benefit in delaying the introduction of peanuts. It is recommended that peanuts in soft forms along with egg, fish and tree nuts, should be introduced into the diets of healthy babies¹⁰. Introduce these foods one at a time in case there is an allergic reaction, so you can pinpoint which food was the problem.

Of the 14 major allergens, peanuts, tree nuts, fish, shellfish, egg, milk and gluten are most common. Other allergens include soy, sesame, celery, mustard, molluscs, sulphur dioxide and lupin.



Milk



Fish



Shellfish



Tree nuts and peanuts



Wheat



Egg

For more information on allergies in babies and young children, visit <https://www.nhs.uk/conditions/pregnancy-and-baby/food-allergies-in-babies-and-young-children/>¹⁰

My baby seems a little constipated. What should I do?

Once your baby starts taking solids, their stools can change. To prevent constipation, offer fruits and vegetables daily and make sure your baby is getting enough fluids. Offer some cooled boiled water in a beaker in addition to their usual baby milk. If the problem does not resolve, please speak to your GP.

I train a lot and tend to follow a high protein diet, is this suitable for my baby?

Diet trends change regularly and sometimes people may follow a specific type by choice. One thing to highlight is that diets suitable for adults are not always the best choice for babies or children. High-protein diets are an example of this. Protein requirements in children are relatively low compared to adults, e.g. a baby might need between 13–15g of protein per day, whereas an adult will need much more. While it is important to offer your baby a variety of protein foods, their portions should be small, about the size of the palm of their hand. Avoid giving commercial high-protein foods, like protein bars or high-protein cereals, milks or yoghurts to your baby.

When do I start weaning if my baby was born prematurely?

For healthy premature babies, you can generally safely start to wean between 5 to 8 months after their actual birth date. The exact age will vary from one baby to another and their readiness for solids should be assessed individually, taking into account their skills and developmental readiness. It is best to seek advice from your healthcare professional.

HELPFUL RESOURCES

Try, try and try again!

Often children want to play with the food and that's okay. The weaning journey can be a very messy one. If after 20 minutes food is not eaten, simply remove uneaten food and perhaps offer something from the same food group an hour later. Try not to offer alternatives immediately or they will learn that they can dictate meal choices. Use our chart below to record the number of times your baby has been exposed to a particular food.

A final word

Try to establish a routine by having meals and snacks at similar times every day. Offer small portions and always keep some colour on the plate. If you take away a fruit or vegetable, it can be hard to get it back into the diet. Try not to rush mealtimes and stay positive as much as you can. If you have any concerns ask for professional help, from a dietitian or doctor.

	Number of attempts													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Broccoli														
Parsnip														
Beetroot														
Courgette														
Asparagus														
Kale														
Chickpeas														

Example weekly planner - 6+ months

Monday	Baby's usual milk	Porridge with apple and cinnamon	Baby's usual milk + sliced banana	Salmon with couscous	Baby's usual milk	Falafels with yoghurt dip	Baby's usual milk
Tuesday	Baby's usual milk	Porridge with mashed banana	Baby's usual milk + grated apple	Pasta with tomato and vegetables	Baby's usual milk	Pea and mint fritters	Baby's usual milk
Wednesday	Baby's usual milk	Breakfast pancakes with yoghurt dip	Baby's usual milk + raspberries	Meaty mash	Baby's usual milk	Mashed banana and avocado	Baby's usual milk
Thursday	Baby's usual milk	Whole-wheat breakfast cereal with mashed fruit	Baby's usual milk + sliced melon	Lentil stew + rice	Baby's usual milk	Hard-boiled egg with soldiers	Baby's usual milk
Friday	Baby's usual milk	Breakfast pancakes with yoghurt dip	Baby's usual milk + sliced mango	Cod with pea and courgette puree	Baby's usual milk	Sweet potato and apple mash	Baby's usual milk
Saturday	Baby's usual milk	Porridge with mashed banana and cinnamon	Baby's usual milk + ripe pieces of peach	Chicken with sweet potato and carrot mash	Baby's usual milk	Apple, pear and vanilla puree with yoghurt	Baby's usual milk
Sunday	Baby's usual milk	Whole-wheat breakfast cereal with mashed fruit	Baby's usual milk + steamed carrot sticks	Pasta bolognese	Baby's usual milk	Hummus with cucumber pieces	Baby's usual milk

Note: Consistency of food will alter as they progress through the different stages of weaning. Please refer to page 1: The Weaning Process.



Fruity Porridge

Suitable for 6 months +

Makes 1–2

Preparation time 5 minutes

Equipment Chopping board, knife, saucepan, spoon & hand blender

INGREDIENTS

60ml of baby's usual milk (may need less or a little more, depending on desired texture)

20g porridge oats

1 apple or pear, peeled, cored and chopped (or use ½ apple and ½ a pear) alternative fruits could include, banana or raspberries

¼ tsp of cinnamon

METHOD

1. Place all of the ingredients into a saucepan, bring to the boil and then simmer for 5–7 minutes. Stir occasionally.
2. Using a blender puree together and serve.



Breakfast Pancakes

Suitable for 8 months +

Makes 6–8

Preparation time 5 minutes

Equipment Fork, bowl & frying pan

Storage Can be frozen for up to 6 months

INGREDIENTS

1 medium, ripe banana

1 medium egg

25g porridge oats

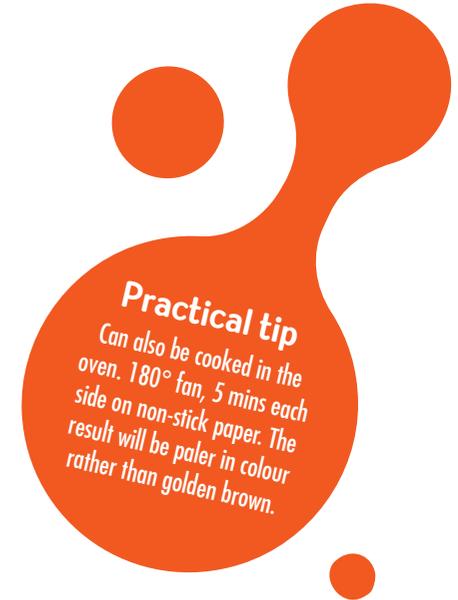
Pinch of cinnamon

Butter or oil for frying

Natural yoghurt for serving (optional)

METHOD

1. Mash the banana and then add it to a bowl with the egg. Mix together with a fork and then stir in the oats and cinnamon.
2. Heat a little butter or oil in a frying pan on a medium heat.
3. Take a dessert spoonful of the pancake mixture and spoon it into the frying pan. Fry for 2–3 minutes on either side until golden brown.
4. Repeat until all the mixture is used up.
5. Serve on their own or with some natural yoghurt as a dipping sauce.



Practical tip
Can also be cooked in the oven. 180° fan, 5 mins each side on non-stick paper. The result will be paler in colour rather than golden brown.



Meaty Mash

Suitable for 6 months +

Makes 4–6 servings

Preparation time 10 minutes

Equipment Chopping board, knife, saucepan, frying pan, colander & handheld blender

Storage Once cooked, store in an airtight container in fridge for 2–3 days. Can be frozen for up to 6 months.

INGREDIENTS

- 1 medium sweet potato peeled and chopped (could use regular potato here too)
- 1 small carrot peeled and diced
- 1 stick celery diced
- ½ small onion, finely chopped
- 100g extra lean minced beef (turkey or lamb mince could work here either)
- ½ tsp tomato paste
- 1 tsp parsley
- 1 tbsp rapeseed oil

METHOD

1. Put the water in a small pan, add the sweet potato and bring to the boil. Simmer for 10–12 minutes until just soft. Meanwhile, fry the meat and onion in the oil until browned.
2. Add the carrot, celery, tomato paste and parsley.
3. Add 2–3 tbsps of water, cover and simmer for 15 minutes or until the vegetables are tender.
4. Drain the sweet potato and mash.
5. Puree to a desired consistency. If you want it very smooth, add a little water or baby's usual milk.
6. Mix the mince and vegetables with the mashed sweet potato and divide into 4 servings.



Falafel

Suitable for 8 months +

Makes 8–10

Preparation time 5–10 minutes

Equipment Chopping board, knife, baking tray, parchment paper & food processor

INGREDIENTS

- 1 400g tin of chickpeas, drained
- 1 small onion, roughly chopped
- 2 small cloves of garlic, crushed
- 1 handful of chopped parsley
- 1 handful of chopped coriander
- 1 tsp ground cumin
- 3 tsp olive oil

METHOD

1. Preheat the oven to 180°C and line a baking tray with parchment paper.
2. Blend all of ingredients together in a food processor. You can make it smooth or slightly lumpy, depending on your baby's age.
3. Form the mixture into little balls or patties, whichever shape you think is best for your baby.
4. Place the falafels on the baking tray.
5. Bake for about 25–30 minutes, turn half way through.
6. Serve with natural yoghurt to dip.



Salmon & Couscous

Suitable for 8 months +

Makes 4–6 servings

Preparation time 5–10 minutes

Equipment Chopping board, knife, baking trap, tinfoil, bowl, plate, spoon & fork

Storage Once cooked, store in an airtight container in fridge for 2–3 days. Can be frozen for up to 3 months.

INGREDIENTS

1 salmon fillet (could use fillet of hake, cod or haddock)

½ red pepper finely chopped

4 cherry tomatoes chopped

75g couscous

1 tsp olive oil

175mls hot boiling water

METHOD

1. Preheat the oven to 200°C.
2. Wrap the salmon, red peppers and tomato together in aluminium foil and bake in the oven for 15–20 minutes until fish is cooked through.
3. While the fish is cooking, place the couscous in a bowl. Stir the olive oil through the couscous and cover with about 200mls of boiling water. Cover with a plate and leave for 5 minutes.
4. Remove the salmon from the oven and flake it, ensuring no bones remain.
5. Fluff up the couscous with a fork and then mix the fish and vegetables with the couscous. Can be mashed for younger babies.





Pea & Mint Fritters

Suitable for 8 months +

Makes 14–16

Preparation time 5–10 minutes

Equipment Chopping board, knife, saucepan or steamer, food processor & frying pan

INGREDIENTS

300g peas

3 medium eggs

150g self raising flour

50g cheese (can use grated cheddar, or crumbled feta)

2 tbsp finely-chopped mint

METHOD

1. Boil or steam peas for about 4 minutes until cooked. Drain the peas and put aside.
2. Blend the eggs, flour and half of the peas together in a food processor.
3. Fold the rest of the peas, the cheese and the mint into the mixture.
4. Rub a little butter or oil onto a frying pan and heat.
5. Take a spoonful of the mixture and spoon it onto the frying pan. Fry for 2–3 minutes on either side until cooked.

Practical tip
Freeze the leftovers for another time. Alternatively, make half the recipe (2 small eggs) or make the fritters as the family meal.

Practical tip
If the mixture seems dry, we would suggest adding a tablespoon of baby's usual milk or water to the batter.

These recipes were developed by a registered dietitian. The recommended foods and portion amounts provided are a guide, always listen to your baby's hunger and fullness cues and let them decide how much to eat.

References

1. SACN (2018). Feeding in the first year of life. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/725530/SACN_report_on_Feeding_in_the_First_Year_of_Life.pdf (Accessed January 2020)
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Important notice:

The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health. Follow-on milk is only suitable for babies over 6 months as part of a mixed diet. It should not be used as a substitute for breast milk during the first 6 months. The decision to start weaning or to use this product before 6 months, should be made only on the advice of a doctor, midwife, health visitor, public health nurse, dietitian or pharmacist, based on baby's individual needs.

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