

## Fun first foods

### What to eat?

Weaning is the time when your baby learns about how to eat food and drink from a cup.

They will learn that:

- > Foods can come in different colours, flavours and textures
- > Some foods are eaten with a spoon while other foods can be held in their hands
- > Some drinks can come in a cup

Make sure the foods offered are in small pieces and in a texture that your infant can manage. Always supervise them eating and drinking.

Babies should be given and encouraged to eat a variety of foods from the four food groups below:

### Starchy foods such as rice, pasta, potatoes and bread

- > These foods provide a source of energy as well as vitamins and minerals that are key to your baby's diet.
- > This group can also include cereals that are low in sugar, sweet potatoes, cous cous, chapattis, noodles and porridge.

### Fruit and Vegetables

- > Fruit and vegetables provide vitamins, minerals and fibre that are essential for your baby's health. These can be fresh, frozen, dried and tinned.
- > If using tinned fruit and vegetables buy those tinned in their own juice without added sugar and salt
- > Try soft fruit and vegetables to start like a mashed banana or cooked carrot.
- > Fruit and vegetables sliced up also make great finger foods!

#### **IMPORTANT**

##### **To avoid choking:**

- Remove all stones or pips
- Cut small fruits and vegetables like grapes in half
- Cut large fruits into slices rather than chunks

## Sources of Protein including meat, fish, beans and eggs

- > These foods are important for your baby's growth and development.
- > These include lean red meat, white and oily fish, chicken, eggs and pulses such as lentils.
- > Quorn and Tofu are also meat free protein sources. Processed meats can be high in salt.

## Milk and dairy products

- > Dairy products contain calcium which is vital for strong bones and teeth.
- > Dairy foods are made using milk
- > Make sure you give your infant full fat dairy products such as full fat milk and full fat yoghurts
- > Younger children need more fat than older children and adults. From 2 years of age they can use semi skimmed milk

## Examples of fun first foods

### Start at the top of the list and work down:

- > Mashed fruit such as banana or stewed apple or pear
- > Cooked mashed veg such as potato, parsnip and carrot
- > Small pieces of soft fruit and cooked vegetables such as carrot or ripe melon
- > Pitta bread, toast, breadstick or a rice cake
- > Chunks of cooked fish, cheese or sliced boiled egg that they can pick up
- > Cereal or plain baby rice mixed with their usual milk in a bowl
- > Mash up healthy family foods where possible without adding sugar or salt