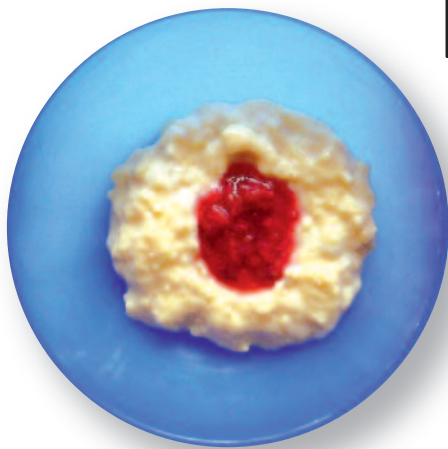




# Eating well: first year of life

Practical guide





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Practical guide



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**This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.**

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## The Caroline Walker Trust

The Caroline Walker Trust is a charity which aims to improve public health through good food. For more information about The Caroline Walker Trust and how to obtain any of our publications, see our website [www.cwt.org.uk](http://www.cwt.org.uk)

### Other publications by The Caroline Walker Trust

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### Reports

Eating Well for Under-5s in Child Care

Eating Well at School

Eating Well for Looked After Children and Young People

Eating Well: Children and Adults with Learning Disabilities

Eating Well for Older People

Eating Well for Older People with Dementia. Published by VOICES. Now out of print but available to download from the CWT website [www.cwt.org.uk](http://www.cwt.org.uk)

### Training materials

Eating Well for Under-5s in Child Care – Training Materials

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### Photo resources

For information about our photo resources for different age groups, see the website [www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)



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# Introduction

## Why have we produced this resource?

Infancy is a critical time for good nutrition. In the first year, infants develop at an astonishing rate. From wholly dependent new-borns, the first year of life sees the progression to small children able to move, make sounds and eat a variety of foods independently. This visual resource aims to illustrate how to meet nutritional needs when infants move from breast milk (or infant formula) to complementary foods during their first year. Infants need enough energy (calories) to grow and be active, and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure that they remain healthy, can fight infections, be active and develop to reach their full physical and intellectual potential.

Experts have calculated the amounts of individual nutrients that they think infants need in their first year. These are known as 'dietary reference values'. This resource gives information on how these dietary reference values for infants can be met in practice and the sorts of meals and finger foods that provide a good start to life for children under the age of one year.

All the advice in this resource is compatible with advice from Government health and education departments in the UK about how to ensure infants eat well.

## The aims of this resource

The aims of this resource are:

- to summarise the key principles of eating well in the first year of life
- to provide guidance on suitable first foods to offer at about 6 months of age, to complement breast milk or infant formula
- to show how the nutritional needs of infants aged 7-12 months can be met with a variety of foods.

## Who is it for?

This resource has been designed for nursery nurses, child carers, children's centre and Sure Start workers, dietitians, registered nutritionists, community food workers, health visitors, social workers and paediatricians, as well as parents, carers, foster parents and others who want to find out about how to support infants to eat well.

## What does the resource contain?

It contains:

- information about eating well in the first year of life
- some examples of suitable foods to try when introducing complementary foods
- some sample menus to show the sorts of foods and amounts of food which meet the needs of infants aged 7-9 months and 10-12 months
- photos of suitable meals and finger foods, and recipes for most of the dishes shown in the photos.

The *Additional information* section contains information on *Good sources of nutrients*, and a *Resources* section with sources of further information about how to help infants eat well.

### For more information on eating well for under-5s

The Caroline Walker Trust (CWT) has produced a report which provides explanation and evidence for the recommendations we make in this photo resource about eating well for infants. The report – *Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines* – can be found on the CWT website [www.cwt.org.uk](http://www.cwt.org.uk).

CWT has also produced *Eating Well for Under-5s in Child Care: Training Materials* for child care workers who want to reflect on their own practice and learn more about eating well for this age group.

We strongly advise everyone to look at these two publications, as well as using the information in this photo resource.

A photo resource called *Eating Well for 1-4 Year Olds: Practical Guide* can be obtained from [www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)



Some of the important points to consider when helping infants to eat well are outlined in this book, but for more detailed information see the *Resources* section on page 114, or talk to a health visitor, community paediatric dietitian or registered public health nutritionist.





# First 6 months of life

# First 6 months of life

In the first 6 months of life, an infant is solely dependent on milk, and this single food has to supply the entire nutritional needs for the rapid growth and development that an infant undergoes during that time. The World Health Organization and the UK Departments of Health have recommended that, wherever possible, **all infants should be exclusively breastfed for the first 6 months of life.**

## Breast milk

Breast milk is tailored for infants and provides all the nutrients and fluid a baby needs during the first 6 months of life. It makes sense to feed babies with breast milk for the following reasons.

### Best for baby

- ★ Breast milk contains exactly the right amount of energy (calories) and nutrients for each baby in a form that is easy for a baby to digest and absorb and which will ensure a baby develops optimally.
- ★ Breast milk contains the right amount of fluid, so extra drinks of water are not needed.
- ★ Breast milk composition changes during a feed, during the day and during the time the baby is breastfed. This means that the milk is always exactly right for each child and helps infants to learn to regulate their food intake.
- ★ There are many components of breast milk which are not reproducible anywhere else. Many of these substances protect the infant from infection and boost the immune system. Babies who are breastfed have fewer gastrointestinal and respiratory problems and ear infections when they are babies, they may be less likely to develop allergies, and they may be less likely to develop some conditions such as diabetes, heart disease and obesity when they grow up.

**start 4 life**

Information, support and advice on why 'mum's milk' is best can be found at:

<http://www.nhs.uk/start4life/pages/mums-milk.aspx>

## Best for mum

- ★ Breastfeeding offers significant health advantages for women, including a reduced risk of developing pre-menopausal breast cancer.
- ★ Breastfeeding also means an increased likelihood of returning to pre-pregnancy weight and that the return of the menstrual cycle is delayed.

## Best for everyone

- ★ Breast milk is free.
- ★ It is always at the right temperature and requires no packaging or heat energy to make it ready for each baby, so it is a fully sustainable food commodity.
- ★ Risks associated with bottle-feeding – such as contamination, wrongly made up infant formula, and over-feeding or under-feeding – are avoided.

For more information about breastfeeding and how to support women who want to breastfeed, see the *Resources* section on page 114.

## Vitamin D

All pregnant and breastfeeding women in the UK are encouraged to take a supplement of vitamin D throughout pregnancy and during the time that they breastfeed. Women who may be at risk of low vitamin D status (for example, those with darker skins, women who wear clothing which covers most of their skin when outside, and women who spend limited amounts of time outside with some of their skin exposed in the summer months) are strongly encouraged to take these supplements even if they think they have a good diet, as it is unlikely they can obtain sufficient vitamin D from foods alone.

Babies who are exclusively breastfed for 6 months by mothers who have taken supplements and who have a good vitamin D status themselves are likely to get enough vitamin D during this period. Some infants may benefit from vitamin supplements from birth, and parents and carers should talk to their GP or health visitor about this. All parents of exclusively breastfed infants are encouraged to give their babies Healthy Start vitamin drops from 6 months of age.

Infants can also spend time safely outside in the summer sun. It is essential to ensure that babies do not burn their skin, but short periods of safe sun exposure will help babies make vitamin D for themselves.

For more information about Healthy Start vitamin supplements and who is eligible to get these free of charge, see [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Infant formula

### What is infant formula made from?

The majority of infant formulas start with a base of cows' milk (skimmed or full-fat, liquid or powder, or whey protein concentrates) with added lactose or other carbohydrates, vegetable or other oils, vitamins and minerals. These infant formulas provide adequate nutrition for full-term, healthy infants. Other infant formulas may be based on soy protein from soya beans with added vegetable and other oils and maltose, maltodextrins or glucose polymers. Current legislation specifically states that only products based on cows' milk protein, hydrolysed protein or soy protein may be marketed as infant formula and follow-on formula. As all infant formulas must comply with European-wide infant formula and follow-on formula regulations, the basic composition of the majority of infant formulas is very similar.

### What infant formula to use?

First formula milks are appropriate for the whole of the first year of life if a baby is formula-fed. There is no evidence that 'hungrier baby' formula help children to sleep better or be more settled, and these milks have been reported to increase gastrointestinal problems in some babies. There is also no need to use follow-on formula.

Babies should be breastfed or given a suitable formula throughout the first year of life and by one year of age should be eating a good mixed diet and can move to full-fat cows' milk as their main drink. If children are not good eaters, they may be advised to continue with infant formula as their main milk drink into the second year of life, but it is important that, after the age of 1 year, the focus is on food, not milk, as the main source of nutrients.

Some infant formulas make claims that they are closer to breast milk than others and that they contain special ingredients to help babies develop or to protect them from disease. The evidence for many of these claims is not conclusive, and it is important to remember that infant formula can never mimic breast milk, as many of the components of breast milk are not reproducible. If substances which had proven health benefits and which could be added to enhance infant formula were found, these would be a required addition for all infant formula.

### Formula milks suitable for specific population groups

Infant formulas derived from cows' milk are generally not suitable for vegetarians, due to the inclusion of fish oils and/or the use of the animal-derived enzyme rennet during the production process. Rennet is used to separate curds from whey and, although vegetarian alternatives are available, they are not used by all manufacturers.



Many infant milks have sought approval for use by communities who require halal or kosher products. The majority of milks are now approved for such use, but it is important to check labels.

Parents and carers who do not have English as a first language and who may have access to infant milks that have been imported to the UK from elsewhere should be strongly advised to use milks which are manufactured for use in the UK and which are known to comply with EU regulations on composition and labelling.

## **Soya milks**

Infant formula based on soy protein should not be used for infants under 6 months of age, or as the main milk drink for infants up to 1 year of age, unless recommended by a health professional. Although these milks are widely available, there is no evidence that they prevent allergy or food intolerance, and they are not recommended for infants under 6 months of age who have cows' milk intolerance, as these infants may become allergic to soy protein. Soy protein based formula are more likely to cause dental decay, as they contain glucose rather than lactose. Also, there are some concerns about high levels of phyto-oestrogens which can pose a risk to the future reproductive health of infants. Always seek advice before using soy protein based infant formula.

## **Milks unsuitable for infants**

### **In the first 6 months of life**

Only breast milk or a suitable infant formula are appropriate in the first 6 months of life.

Avoid:

- any unmodified animal milk: cows' milk, goats' milk and sheep's milk
- any other type of milk: such as oat milk, rice milk, nut milks and sweetened milks.

### **From 6 months to 1 year of age**

**The main milk drink should remain breast milk or an appropriate infant formula.**

Full-fat animal milk (cows' milk, goats' milk or sheep's milk) or calcium-fortified soya milk can be used in cooking.

Avoid other milks such as oat milk, rice milk, nut milks and sweetened milks in the first year of life as these are often low in some essential nutrients, and offer no advantage to infants.

**NB** Rice milk should not be given to children under the age of 3 years, as it has been shown to contain traces of arsenic.

## Bottle-feeding

Babies who are bottle-fed should be held and have warm physical contact with an attentive adult while being fed. Babies should never be left propped up with bottles as this is both dangerous (as babies may choke) and inappropriate to babies' emotional needs.

Never force a baby to finish the contents of their bottle, and always throw away any milk that has been left after a feed.

## Powdered and ready-to-feed milks

Infant formulas are available in powder and ready-to-feed (RTF) formulations. The main advantage of RTF infant formula is that no errors can be made when making up the milk. The disadvantages are that: RTF milks are considerably more expensive; there is potentially reduced flexibility on serving sizes so babies may be given a little more than they need or slightly too little; and cartons can be bulky to purchase and increase packaging waste.

It is essential to follow the instructions carefully when making up infant formula, as milks that are too concentrated can provide too many calories and too little fluid, and milks which are too dilute may not provide enough energy and nutrients. There is evidence that many people do not make up infant formula correctly. If milks are made up to be more concentrated than they should be, this can lead to overweight or potentially dangerous dehydration.

**Powdered milks must be made up safely as they are not sterile.** It is particularly important that milk powders are mixed with water that is hot enough to kill any bacteria that might be in the powder. It is recommended that the fresh water needed for an individual feed to be prepared is boiled and cooled for no more than 30 minutes before the milk is prepared.

A *Guide to Bottle Feeding* (2011) has been produced jointly by UNICEF, the Food Standards Agency and the Department of Health, and can be accessed at [www.dh.gov.uk](http://www.dh.gov.uk)

For more detailed information about infant formula, see the Caroline Walker Trust report *Infant Milks in the UK*, available at [www.cwt.org.uk](http://www.cwt.org.uk)

# From 6 months



# From 6 months

## Introducing foods to complement breast milk or infant formula

Weaning is the term often given to the introduction of foods other than breast milk (or infant formula) to an infant. In the UK it is recommended that this process starts at about 6 months of age. In the first 6 months of life, infants can get all the fluid and nutrients they need from breast milk (or from correctly made up infant formula), and there is no need to introduce other foods before a baby's digestive system is ready and the baby's swallow reflexes are developed. If you think an infant needs complementary foods before 6 months (26 weeks) of age, talk to a health visitor or other qualified health professional.

If introducing complementary foods **before 6 months** of age, there are some particular foods that must be avoided. As well as all the other foods and drinks not recommended in the first year of life (see page 16), infants under 6 months should not be given any of the foods and drinks listed in the box below.

### Foods and drinks that should not be given to infants in the first 6 months of life

- Cow's milk other than infant formulas
- Foods containing gluten – such as bread, pasta or chapattis
- Nuts and seeds – including peanuts, peanut butter and other nut spreads
- Eggs
- Fish, or raw or cooked shellfish
- Liver, pâté
- Soft and unpasteurised cheeses.

See also the list of foods that should not be given to infants in the first year of life, on page 16.

There are lots of good sources of information about introducing complementary foods and some of these are outlined in the *Resources* section on page 114.

On the next page we give a simple guide to introducing first foods.

# Introducing first foods: a simple guide

## What foods to serve

- First foods for babies should be smooth purées.
- Try simple baby rice and fruit purées as the very first tastes.
- First foods for babies should be made from a variety of foods, including soft, well-cooked meat, fish, pulses (peas, beans and lentils), fruits, vegetables and cereal foods. (See page 19 for examples of suitable first foods to give.)
- Never add salt or sugar to foods for infants.
- Naturally sweet fruits (such as apples or bananas) or vegetables (such as carrots, sweet potatoes or butternut squash) should be used to sweeten foods rather than adding sugar.
- Artificial sweeteners should never be added to foods for infants.
- Eggs given to babies or toddlers should be cooked until both the yolk and the white are solid.
- If buying ready-made weaning foods, follow the manufacturer's instructions carefully.
- The only drinks that are recommended for infants in the first year are milk and water (see page 17).
- For information on foods and drinks that should not be given to infants in the first year of life, see the next page.

## Things to think about at mealtimes

- Puréed foods are a good way of introducing new tastes and textures as babies learn to handle food in their mouth and swallow it. Babies can move on to mashed food and finger foods from 6 months of age and as soon as they seem ready and eager to hold food, feed themselves and enjoy a variety of foods.
- Offer small amounts of food before milk feeds at meal times. Don't be surprised if the baby initially spits the food out and appears to dislike it. New tastes and textures take a little getting used to, but babies soon learn to love a variety of flavours.
- At 6 months, babies should be able to sit up with some support and they should be in a sitting position when they are offered their first foods.
- Never force babies to eat. Allow them to go at their own pace, to handle the food and start to feed themselves as soon as they wish.
- Always stay with babies during meals and never leave them alone, as they may choke.
- Always make sure children are safely strapped into high chairs.

## Foods and drinks that should not be given to infants in the first year of life

- Soft drinks, squashes, fruit juices or cordials
  - Drinks with added caffeine or stimulants
  - Rice milk or rice drinks
  - Tea or coffee
  - Alcohol
  - Honey
  - Savoury snacks
  - Whole nuts
  - Very high-fibre foods (such as high-bran-type cereals)
  - Foods or drinks that contain the additives E102, E104, E110, E122, E124, E129 or E211. These additives have been linked to an increase in hyperactive behaviour in some children.
  - Any foods, designed for adults, with special ingredients (for example, cholesterol-lowering margarines, low-fat or low-sugar products, or fortified products)
  - Ready meals or take-away foods
- See also the list of foods that should not be given before the age of 6 months, on page 14.

## What is 'baby-led weaning'?

Most infants are introduced to complementary foods both by being offered small tastes of puréed food on a spoon, and by being encouraged to hold foods which they can taste themselves. In baby-led weaning, food is not given to the baby on a spoon at all. Instead, babies are encouraged to explore for themselves all the food on offer to them and to eat whatever they can get into their mouths independently. Those who promote baby-led weaning suggest that babies who are spoon-fed may be given more to eat than they would choose; that spoon-feeding purées delays the experience of chewing; that babies fed food they dislike on a spoon may become fussy eaters; and that allowing full independence in eating encourages the development of a range of motor skills.

Many of the ideas from baby-led weaning already form part of the good weaning practices currently recommended. Encouraging babies to be involved in meal times, to eat similar foods to those enjoyed by others at the table, to hold finger foods and spoons and to try to feed themselves are all recommended practices. Offering babies tastes of first purées on a spoon is, however, a good way to ensure they experience a wide range of tastes and start to replace some of the energy and nutrients they get from milk, with energy and nutrients from other foods. Babies may spit food out when they first try it as the taste and texture may be unfamiliar, but trying a whole range of tastes and textures during the second 6 months of life is important if we want children to eat a range of different foods as toddlers. Few people would disagree with many of the principles of baby led-weaning, but offering babies foods on a spoon at meal times as well is encouraged during the first year of life to ensure that they eat well and get all the nutrients they need while they are developing their eating skills during the second 6 months of life.

## Drinks – and how to give them

From 6 months of age, infants should be introduced to drinking from a cup or beaker, and from the age of 12 months they should be discouraged from drinking from a bottle. It is best to use cups that are open-topped or which have a spout that is free-running, so that there is no need to 'suck'. Sucking drinks from a bottle teat or spout means the drink spends more time in contact with the teeth and this can lead to dental problems.

There is no need for drinks other than milk or water in the first year. If baby juices or baby drinks are given, these should be diluted with at least 10 parts of water and should be confined to meal times. Drinks other than milk or water should only be given in a cup.

Water given to children under 6 months should be boiled and cooled first, but tap water is fine for all infants over 6 months of age.

Adult-type soft drinks, 'no added sugar' or low-sugar drinks, low-calorie or diet drinks, tea and coffee, rice milk, rice drink and drinks with additives should not be given to infants.

### First food ideas

Good choices of first foods to introduce from the age of 6 months are shown in the food photos on the following pages.

On pages 20-29 we show some examples of good first foods to try during the 6-7 month period. On pages 48-75 and 82-109 we show example foods for babies of 7-9 months and 10-12 months, so you can see how the type and consistency of food develops over this period, and the sort of foods and amounts of foods that will meet the needs of most infants.

All these food photos are also on the CD-ROM which accompanies this book.







## Example first foods

The photos on the following pages show some good choices of first foods to introduce from the age of 6 months.

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months. Puréed fruits make ideal first foods as they are naturally sweet and can be easily made into the right texture. Fruit purées should be smooth and can be mixed with some expressed breast milk (or infant formula) to thin them, or with a small amount of baby rice to thicken. Apples, pears and apricots should be cooked until mushy and then sieved or put through a mouli or baby blender. Bananas can be mashed until smooth. Or, if not fully ripe, they can be mashed with a small amount of breast milk or infant formula.



Apple



Apricot



Banana



Pear

*In these photos, the whole fruit is shown for illustration only. The baby should be given the puréed version.*

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

A wide variety of fruits can be puréed. Make sure they are free of seeds, skin, pips or any lumps that a baby could choke on. A simple way to make first purées is to mash fruits with a fork, sieve them, and then thicken with a little baby rice made up with breast milk or infant formula. Never add sugar when preparing purées for babies.



Damson



Nectarine



Raspberry



Strawberry

*In these photos, the whole fruit is shown for illustration only. The baby should be given the puréed version.*



## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

Any type of fruit – canned in juice, frozen or fresh – can be used. If using canned fruit to make purées, buy fruit canned in fruit juice and not syrup. Purées made from canned fruit can be a cheaper way of offering fruit in the winter months.

Combinations of fruits can also be offered. When a fruit is naturally sour, a sweeter fruit, such as apple or banana, can be added to make it more palatable. Never add sugar to purées.



Mango



Mango and rhubarb



Papaya



Canned peaches

*In these photos, the whole fruit is shown for illustration only. The baby should be given the puréed version.*

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months. Starchy root vegetables are useful first foods. Cook thoroughly and then mash and purée with a little breast milk or infant formula. Potatoes and sweet potatoes can also be added as thickeners for other vegetables. Sweet vegetables, such as carrot, parsnip, sweet potato and butternut squash, can be combined with less sweet ones when introducing new flavours. Never add salt when preparing purées for babies.



Parsnip



Potato



Swede



Sweet potato

*In these photos, the whole vegetable is shown for illustration only. The baby should be given the puréed version.*

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

It is important to offer babies foods that are rich in iron and zinc. Pulses (peas, beans and lentils) are very good first foods to offer as they can be puréed easily and provide a variety of tastes and textures. Foods such as butternut squash can be combined with pulses to offer a sweeter taste.



Butter beans



Cannellini beans



Lentils



Butternut squash

*In these photos, the whole vegetable or food is shown for illustration only. The baby should be given the puréed version.*



## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months. Make sure a wide variety of vegetable foods are offered and that foods from across the rainbow of vegetable colours are introduced into babies' diets. Brightly coloured purées will be attractive to infants and can be offered in lots of combinations as first tastes.



Avocado



Broccoli



Red pepper



Yellow pepper

*In these photos, the whole vegetable is shown for illustration only. The baby should be given the puréed version.*

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months. There is no need to use expensive vegetables. Any vegetable can be made into a purée by cooking it until soft, and then mashing and sieving it or putting it through a mouli or baby blender. Using vegetables in season and from local sources will be most cost-effective.



Carrot



Courgette



Green beans



Potato and chard

*In these photos, the whole vegetable is shown for illustration only. The baby should be given the puréed version.*

## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

Baby rice and baby porridge make a good basis for first foods. These can be made up a little at a time with breast milk or infant formula, either to serve on their own or to add to a wide variety of other food purées.



Baby rice



Baby rice with apricot purée



Baby rice with plum purée



Baby porridge

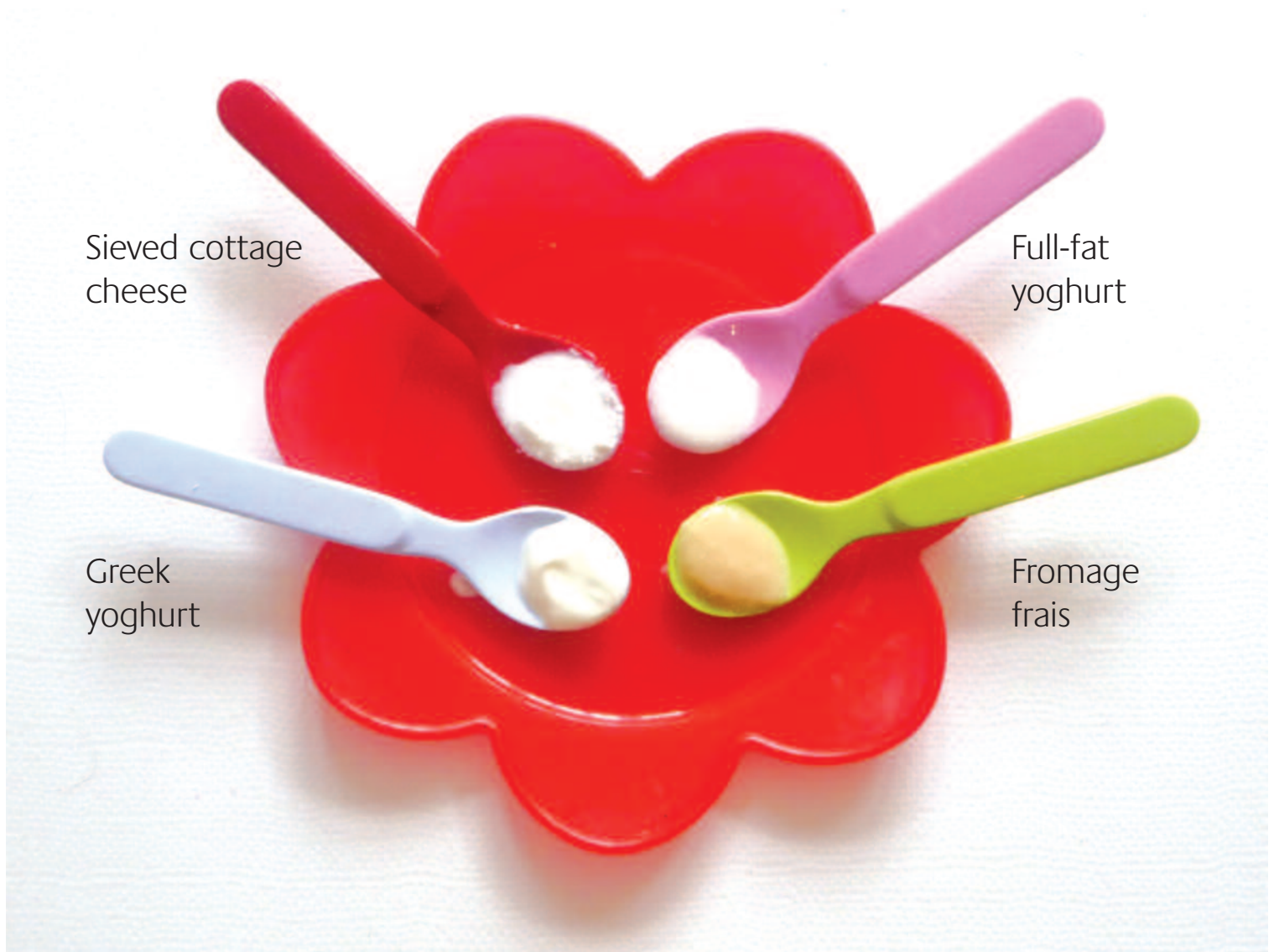


## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

Use full-fat versions of dairy products as first foods. Plain full-fat yoghurt or fromage frais can be added to fruit and vegetables and used to moisten purées. Add fresh puréed fruit to plain yoghurt or fromage frais rather than using ready-prepared sweetened yoghurt or fromage frais, as using ready-prepared ones will encourage babies to choose more highly sweetened foods.

### Dairy products



## FIRST FOODS

These foods are good choices of first foods to introduce from the age of 6 months.

Cook and mash the food and then press it through a sieve, adding a little expressed breast milk or infant formula if necessary. Cook eggs until both the yolk and white are solid.

Check that there are no bones in fish. Never add salt when preparing foods for babies.



Egg



White fish



Salmon



Chicken

*In these photos, the whole food is shown for illustration only. The baby should be given the puréed version. Cook the fish before mashing and sieving it.*





# Finger foods





# Finger foods

**F**inger foods can be offered to babies after 6 months of age. Many babies of this age will be able to pick things up with their whole hand, and by 7-8 months they will be able to use their thumb and forefinger to make more precise movements. Getting babies to touch food and taste it is an important step in their development to becoming independent eaters. Don't worry if babies make a mess or get very little in their mouths. They will become more proficient eaters over time and will enjoy the meal-time experience and be less fussy eaters if they are involved.

The first finger foods a baby has should be soft, but not mushy. Once babies are used to holding and eating finger foods, a greater variety of foods can be offered. Foods for 7-9 month olds should still be soft and easy to bite and chew. Older infants will be able to manage harder foods and raw foods.

It can be useful to make first finger foods slightly longer than the baby's hand so they can grip the food more easily in their fist. However, grabbing foods and trying to hold them will also enhance hand-to-eye coordination and motor skills.

Never leave babies alone when eating at any time, but pay particular attention when they are eating finger foods to make sure that they don't choke on pieces that might break off when they put them in their mouth.

## General finger food advice

- Cut soft foods into manageable-sized pieces.
- Choose foods that are easy for babies to hold. Some examples are given on pages 33-38.
- Finger foods should not contain any pips, stones, tough skins, stringy bits or bones.
- Peel fruit such as apple or plum before giving it as a finger food.
- Whole grapes and chunks of apple can be a choking hazard, so cut grapes into pieces and offer apple slices.
- Make sure any food served raw is thoroughly washed.
- Aim for a good variety of tastes and textures in finger foods for older infants.

Some examples of finger foods are shown in the photos on pages 33-38. All these photos are also on the CD-ROM which accompanies this book.

**FIRST FINGER FOODS** These finger foods can be introduced from the age of 6 months.



Banana



Avocado



Cooked carrot



Soft-cooked potato



Cooked red peppers



Cooked yellow peppers





**FINGER FOODS** These finger foods can be introduced from the age of about 7 months.



Broccoli



Courgettes



Cucumber



Green beans



Peas



Apricot



**FINGER FOODS** These finger foods can be introduced from the age of about 7 months.



Black grapes (peeled)



White grapes (peeled)



Kiwi



Melon



Canned peach



Strawberries





**FINGER FOODS** These finger foods can be introduced from the age of about 7 months.



Bread squares



Pasta shapes



Potato



Yam



Egg



Butter beans



**FINGER FOODS** These finger foods can be introduced from the age of about 10 months.



Celery



Tomato



Apple



Pear



Semi-dried apricots



Semi-dried dates





**FINGER FOODS** These finger foods can be introduced from the age of about 10 months.



Orange



Breadsticks



Rice cakes



Cheese



Chicken



Chick peas





# 7 to 12 months

# 7 to 12 months

The food photos on pages 48-75 for 7-9 month olds, and on pages 82-109 for 10-12 month olds, have been put together to show the sorts of foods, and amounts of foods, that meet the needs of average groups of children of these ages. The aim is to provide ideas for how infants of 7-9 months and 10-12 months can meet their energy and nutrient needs from a range of foods and develop good eating habits to take into their important second year of life.

## How the food photos were put together

We have calculated the amounts of food that meet the energy and nutrient needs of infants, allowing for the breast milk or infant formula they will drink. Breast milk or infant formula will provide a proportion of energy and micronutrients, but additional energy and nutrients are needed from food to ensure that the needs of infants are met, and this will increase as the infant gets older. Menu plans were put together for a period of a week to meet energy and nutrient recommendations, and we have taken example meals from these menu plans. If a variety of meals are eaten over time, it is likely that infants will get all the energy and nutrients they need.

## How to use the food photos

The food photos can be used:

- to support parents, carers and families who want to know more about how to encourage infants to eat well
- for those who provide food to infants in early years settings
- for health and social care professionals who offer support and advice around infant feeding to others.

All the food photos in this book are also on the CD-ROM that accompanies this book.

## Bowls and plates

The actual dimensions of the bowls and plates used in the food photos are shown below and on the next page. If you want to make actual-size copies of the bowls and plates for training purposes, you can print these pages from the PDF that is on the accompanying CD-ROM, laminate them and cut out the shapes.



Small bowl

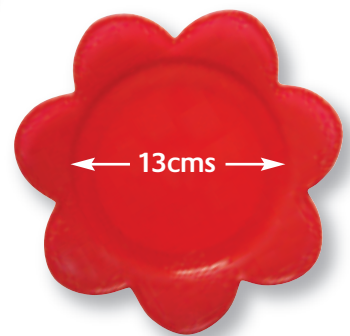


Bowl

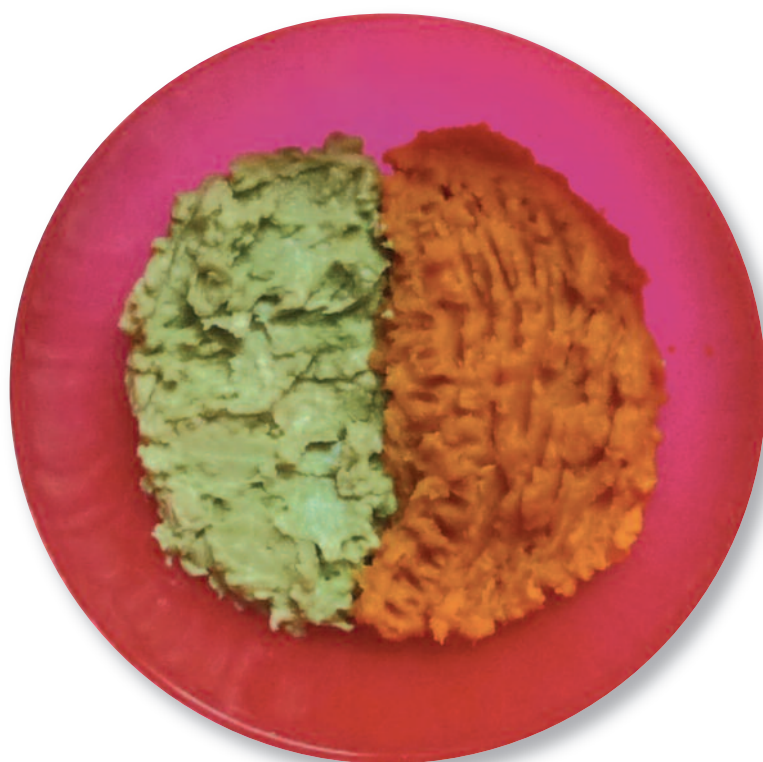




Plate



# 7 to 9 months





# 7 to 9 months

## What should 7-9 month olds eat and drink?

By 7-9 months of age, a baby should have started on a range of puréed and mashed foods and some finger foods, and be eating three meals a day, as well as having four milk feeds of breast milk or infant formula (a total of about 600ml a day).

A 7-9 month old baby might have an eating pattern something like the one shown below:

<b>Breakfast</b>	Cereal with milk Fruit as a finger food Breast feed or infant formula (150ml) <i>Breastfed babies will always take the amount of milk they need and you don't need to know the amount.</i>
<b>Sleep</b>	
<b>Lunch</b>	Savoury course Dessert Breast feed or infant formula (150ml)
<b>Sleep</b>	
<b>Tea</b>	Savoury course Vegetable finger food Breast feed or infant formula (150ml)
<b>Before bed</b>	Breast feed or infant formula (150ml)

When calculating the amount of foods a baby of this age will need each day, we have assumed that the child will be having about 600ml of infant formula or an equivalent in breast milk.

## What consistency should the food be?

Food for a baby of this age should be mashed so that there are some soft lumps in it.

## Why do babies of this age need finger foods?

It is important that babies learn to feed themselves, and most will be very keen to take an active part in meal times. Babies need to learn to bite off small, soft lumps of food, manage them in the mouth and swallow them. Also, picking up foods helps a child to develop manual coordination and dexterity, and learning about textures is an important part of development.

## Finger foods for 7-9 month olds

Finger foods for 7-9 month olds need to be soft so that babies can start to bite pieces of food in their mouth. Cut soft foods into manageable-sized pieces, making sure there are no stringy bits, skin or pips.

Soft finger foods suitable at this age include the following:

- *Soft fruit* such as melon, mango, kiwi, banana, peach, or canned fruits in juice (drained)
- *Cooked vegetables* such as carrot, parsnip, green beans, mange tout or red pepper
- *Cooked starchy foods* such as potato, sweet potato or pasta pieces.

## How much food does a 7-9 month old need to complement milk feeds?

To complement the nutrients that a baby will get from about 600ml of infant formula or the equivalent of breast milk, a 7-9 month old baby will need approximately 400kcal, 6g protein, 200mg calcium, 3.5mg iron and 2mg zinc from their food each day (as well as the fat and carbohydrate and a range of other vitamins and minerals that their foods will provide).

The seven-day sample menu on the next page provides examples of the sorts of foods, and amounts of food, that would give a 7-9 month old baby all the nutrients they need for growth and activity.

Photos of most of the dishes in the sample menu, and recipes for them, can be found on pages 48-75.

For more advice on how to help babies of this age to eat well, see the *Resources* section on page 114.

## Sample menu for 7-9 month olds

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<p>Baby rice made with full-fat milk 115g with chopped banana 30g</p> <p>Finger food: kiwi chunks 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Porridge made with full-fat milk 115g</p> <p>Chopped raisins 10g</p> <p>Finger food: pear slices 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Weet bisks 15g mashed with full-fat milk 100ml</p> <p>Finger food: banana pieces 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Mashed boiled egg 35g with mashed low-salt, low-sugar baked beans 40g</p> <p>Finger food: sliced egg 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Pear and prune compôte 40g</p> <p>Full-fat yoghurt 25g</p> <p>Finger food: toast pieces 10g with full-fat cream cheese 5g</p> <p>Breast feed or infant formula 150ml</p>	<p>Porridge made with full-fat milk 100g</p> <p>Dried apricot purée 20g</p> <p>Finger food: sliced banana 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Scrambled egg and cream cheese 70g</p> <p>Strawberry purée 10g</p> <p>Finger food: strawberries 20g</p> <p>Breast feed or infant formula 150ml</p>
<b>Lunch</b>	<p>Butter bean and vegetable stew 100g</p> <p>Finger food: soft-cooked potato 20g</p> <p>Rice pudding 50g with strawberry purée 10g</p> <p>Breast feed or infant formula 150ml</p>	<p>Stewed lamb in tomato sauce 60g</p> <p>Baby pasta 50g</p> <p>Finger food: cooked carrot sticks 20g</p> <p>Canned mandarins in juice 30g</p> <p>Full-fat fromage frais 30g</p> <p>Breast feed or infant formula 150ml</p>	<p>Mashed potato with butter and milk 50g</p> <p>Flaked salmon 30g</p> <p>Finger food: cooked broccoli 20g</p> <p>Full-fat yoghurt 50g</p> <p>Raspberries 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Rice 40g with lentil and tomato sauce 40g</p> <p>Finger food: pasta pieces 20g</p> <p>Stewed apple 30g and custard 30g</p> <p>Breast feed or infant formula 150ml</p>	<p>Chicken, leeks and carrots 100g</p> <p>Finger food: soft-cooked potato 20g</p> <p>Full-fat plain yoghurt 50g</p> <p>Finger food: kiwi fruit 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Pork with apple, parsnip and swede 80g</p> <p>Finger food: cooked carrots 30g</p> <p>Semolina 60g</p> <p>Mashed blackberries 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Poached haddock, spinach and sweet potato 80g</p> <p>Finger food: broccoli 30g</p> <p>Rice pudding 50g</p> <p>Dried apricot purée 20g</p> <p>Breast feed or infant formula 150ml</p>
<b>Tea</b>	<p>Tomato rice with chicken 100g</p> <p>Finger food: steamed mange tout 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Scrambled egg 40g</p> <p>Canned chopped tomatoes 40g</p> <p>Finger food: cooked green beans 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Mashed sweet potato 50g and mashed avocado 40g</p> <p>Finger food: pasta pieces 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Cheesy leeks and potato 75g</p> <p>Finger food: roast red pepper strips 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Butternut squash risotto 80g</p> <p>Finger food: cucumber fingers 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Minestrone soup 80g</p> <p>Cheddar cheese, grated 10g</p> <p>Finger food: pasta shapes 20g</p> <p>Breast feed or infant formula 150ml</p>	<p>Spinach, rice and red pepper dahl 80g</p> <p>Finger food: avocado slices 20g</p> <p>Breast feed or infant formula 150ml</p>
<b>Before bed</b>	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml	Breast feed or infant formula 150ml

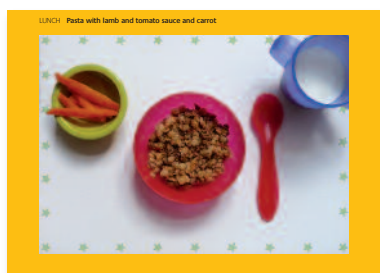
## List of food photos: 7-9 month olds

The CD-ROM included with this book contains photos of all the following dishes, with suggested portion sizes and recipes – as shown on pages 48-75. The photos and accompanying text can be made up as A5-size food photo cards. For details of how to order these, see [www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)



### Breakfasts

- Baby rice, banana and kiwi chunks
- Porridge, chopped raisins and pear
- Weet bisks and banana
- Boiled egg, baked beans and sliced egg
- Pear and prune compôte and yoghurt, with cream cheese on toast
- Porridge with dried apricot purée, and banana
- Scrambled egg and cream cheese with strawberry purée, and strawberries



### Lunches

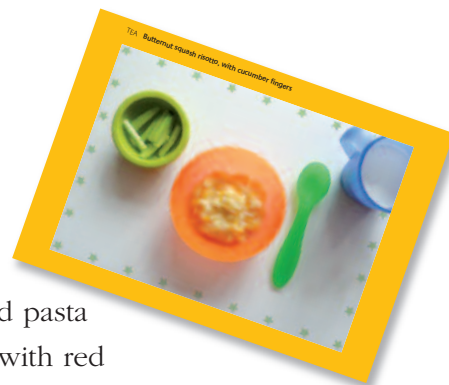
- Butter bean and vegetable stew with potato pieces
- Pasta with lamb and tomato sauce and carrot
- Mashed potato with salmon and broccoli



- Rice with lentil and tomato sauce and pasta pieces
- Chicken, leeks and carrots, with soft-cooked potato
- Pork with apple, parsnip and swede, and carrots
- Poached haddock, spinach and sweet potato, with broccoli

### Teas

- Tomato rice with chicken and mange tout
- Scrambled egg, tomatoes and green beans
- Sweet potato, avocado and pasta
- Cheesy leeks and potato, with red pepper
- Butternut squash risotto, with cucumber fingers
- Minestrone soup, with pasta shapes and cheese
- Spinach, rice and red pepper dahl, with avocado



### Desserts

- Rice pudding with strawberry purée
- Mandarins and fromage frais
- Yoghurt with raspberries
- Stewed apple and custard
- Yoghurt and kiwi fruit
- Semolina and mashed blackberries
- Rice pudding with dried apricot purée




Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Baby rice made with full-fat milk	115g
Banana	30g
Kiwi chunks	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Porridge made with full-fat milk	115g
Chopped raisins	10g
Pear	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.






Suggested portion sizes	7-9 month olds As shown in the photo	
Weet bisks	15g	
mashed with full-fat milk	100ml	
Banana	20g	
Breast feed or infant formula	150ml	

These portion sizes are based on the nutritional needs of a typical 7-9 month old.




Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Mashed boiled egg	35g
Mashed low-salt, low-sugar baked beans	40g
Sliced egg	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



BREAKFAST Pear and prune compôte and yoghurt, with cream cheese on toast

7-9 month olds

Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Pear and prune compôte	40g
Full-fat yoghurt	25g
Toast pieces	10g
Full-fat cream cheese	5g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Pear and prune compôte and yoghurt**


This recipe makes 12 portions of about 65g.

- 1 ripe or soft poached pear
- 60g prunes canned in juice, drained
- 300g full-fat yoghurt

1. Peel and finely chop the pear if ripe and soft. If firm, poach in a little water until soft and then finely chop.
2. Finely chop the canned prunes.
3. Combine the chopped fruit with the full-fat yoghurt.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Porridge made with full-fat milk	100g
Dried apricot purée	20g
Sliced banana	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Porridge**

This recipe makes 12 portions of about 100g.

50g porridge oats  
500ml full-fat milk

1. Place the porridge oats and milk in a non-stick saucepan.
2. Heat gently until boiling and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.

**Dried apricot purée**

This recipe makes 12 portions of about 20g.


12-16 dried apricots  
200ml water

1. Chop the dried apricots and place in a saucepan with the water.
2. Bring to the boil and gently simmer until the apricots are soft, making sure that the pan doesn't boil dry.
3. Mash the cooked apricots and put through a sieve or through a mouli or blender to make a purée.



BREAKFAST Scrambled egg and cream cheese with strawberry purée, and strawberries

7-9 month olds

Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Scrambled egg	50g
Cream cheese	20g
Strawberry purée	10g
Strawberries	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Scrambled eggs with cream cheese**

This recipe makes 12 portions of about 70g.

- 12 medium eggs
- 12 tablespoons full-fat milk
- 50g butter
- 240g full-fat cream cheese

1. Beat the eggs in a bowl with the milk.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs and cook, stirring all the time, until the egg is scrambled and set thoroughly.
4. Add the cream cheese to the eggs and mix thoroughly.


**Strawberry purée**

This recipe makes 12 portions of about 10g.

- 200g strawberries

1. Hull the strawberries and roughly mash.
2. Force the mashed strawberries through a sieve to create a purée.



Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Butter bean and vegetable stew	100g
Potato pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Butter bean and vegetable stew**


This recipe makes 12 portions of about 100g.

- 1 tablespoon vegetable oil
- 1 small onion, finely diced
- 1 red pepper, cored and finely diced
- 1 green pepper, cored and finely diced
- 1 carrot, peeled and finely diced
- 3 broccoli florets, finely chopped
- 1 large (400g) can chopped tomatoes
- 1 large (400g) can butter beans, drained

1. Heat the oil in a large frying pan and cook the onion until soft.
2. Add the red and green pepper, carrot and broccoli and soften for a few minutes.
3. Add the tomatoes and butter beans and simmer until all the vegetables are tender.
4. Mash the stew so that there are no large lumps remaining.





Suggested portion sizes	
<b>7-9 month olds</b> As shown in the photo 	
Stewed lamb in tomato sauce	60g
Baby pasta or small pasta shapes	50g
Cooked carrot sticks	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Stewed lamb in tomato sauce**

This recipe makes 12 portions of about 60g.

- 1 small onion, diced
- 500g lean mince
- 1 can (400g) chopped tomato
- 1 tablespoon tomato purée


1. Dry-fry the onion and the mince together in a saucepan. Drain off any excess fat.
2. Add the tomatoes and the tomato purée, cover and simmer gently for about 15-20 minutes until the meat is tender.

LUNCH Mashed potato with salmon and broccoli



LUNCH Mashed potato with salmon and broccoli

7-9 month olds

Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Mashed potato with butter and milk	50g
Flaked salmon	30g
Cooked broccoli	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Note:** Make sure that any fish served to children has had all the bones removed.



Suggested portion sizes	7-9 month olds As shown in the photo
Cooked rice	40g
Lentil and tomato sauce	40g
Pasta pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Lentil and tomato sauce**

This recipe makes 12 portions of about 40g.

- 80g red lentils
- 250ml water
- ½ tablespoon vegetable oil
- ½ small onion, finely diced
- 1 small (200g) can chopped tomatoes
- 1 tablespoon tomato purée
- 1 tablespoon chopped parsley

1. Boil the red lentils in the water until soft.
2. Heat the oil in a frying pan and sauté the diced onion until soft.
3. Add the lentils, chopped tomatoes and tomato purée and simmer gently for about 15 minutes.
4. Add the chopped parsley.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Chicken, leeks and carrots	100g
Potato	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Chicken, leeks and carrots**


This recipe makes 12 portions of about 100g.

- 2 tablespoons vegetable oil
- 1 large leek, trimmed, washed and finely sliced
- 250g chicken breast, diced
- 1 large carrot, peeled and diced
- 1 large potato, peeled and diced
- 1 sprig thyme
- 1 bay leaf
- 1 sprig parsley
- 500ml water
- 150ml crème fraîche

1. Heat the oil in a saucepan. Add the leek and cook until soft.
2. Add the chicken, vegetables, herbs and water.
3. Bring to the boil, reduce the heat, cover and simmer for 30-40 minutes.
4. Remove the bay leaf. Mash the vegetables into the juices and break the chicken into small pieces. Place the mixture in a baby blender or mouli and process until mostly smooth with some small, soft lumps.
5. Combine the mixture with the crème fraîche before serving.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Pork with apple, parsnip and swede	80g
Carrots	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Pork with apple, parsnip and swede**

This recipe makes 12 portions of about 80g.

- 250g diced lean pork
- 1 large parsnip, peeled and diced
- ¼ swede, peeled and diced
- 500ml water
- 2 dessert apples, peeled, cored and diced

1. Put the pork, parsnip and swede in a saucepan with the water and bring to the boil.
2. Turn down the heat, cover and simmer for 10 minutes, and then add the apple.
3. Simmer for a further 10 minutes until the meat and vegetables are thoroughly cooked.
4. Purée with the cooking liquid until mostly smooth, with some soft lumps.



Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Poached haddock, spinach and sweet potato	80g
Broccoli	30g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Poached haddock, spinach and sweet potato**

This recipe makes 12 portions of about 80g.

- 1 large sweet potato, peeled and diced
- 100g spinach, washed thoroughly and chopped
- 400ml full-fat milk
- 250g haddock fillet without skin or bones, diced

1. Boil the sweet potato pieces in water for about 15 minutes until soft and then drain.
2. Add the spinach to the sweet potatoes, cover and cook for 1 minute until wilted.
3. Put the milk and haddock fillet in a shallow pan and simmer for 5 minutes until the fish turns opaque or white.
4. Drain the fish, keeping the liquid. Flake the fish and check for bones.
5. Mix together the sweet potato, spinach, fish and milk, and blend or mash until smooth, with soft lumps.

**Note:** Make sure that any fish served to children has had all the bones removed.



Suggested portion sizes	7-9 month olds As shown in the photo
Tomato rice with chicken	100g
Steamed mange tout	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Tomato rice with chicken**


This recipe makes 12 portions of about 100g.

- 200g long grain rice
- 400ml water
- 1 bay leaf
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 500g chicken breast, finely diced
- 4 tablespoons tomato purée
- 4 tablespoons water

1. Boil the rice in water with the bay leaf until tender, and then drain. Take out the bay leaf.
2. Heat the oil in a frying pan and fry the onion until soft.
3. Add the chicken and fry until cooked thoroughly.
4. Add the cooked rice, tomato purée and remaining water to the chicken mixture and cook thoroughly until heated through.
5. Cool and mash before serving.






Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Scrambled egg	40g
Canned chopped tomatoes	40g
Cooked green beans	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Mashed sweet potato	50g
Mashed avocado	40g
Pasta pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



Suggested portion sizes	7-9 month olds As shown in the photo
Cheesy leeks and potato	75g
Roasted red pepper	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.


**Cheesy leeks and potato**

This recipe makes 12 portions of about 75g.

- 4 large leeks, finely sliced (about 800g prepared weight)
- 2 large potatoes peeled and diced (about 400g prepared weight)
- 1 bay leaf
- 120g full-fat soft cheese

1. Put the leeks, potatoes and bay leaf in a pan of water and bring to the boil. Cook until the vegetables are soft.
2. Drain the vegetables and cool. Take out the bay leaf.
3. Mash the vegetables with the cheese.



Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Butternut squash risotto	80g
Cucumber fingers	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Butternut squash risotto**


This recipe makes 12 portions of about 80g.

- 2 tablespoons vegetable oil
- 1 medium onion, peeled and finely chopped
- 150g basmati rice
- 400ml boiling water
- ¼ butternut squash, peeled and diced
- 4 canned plum tomatoes, chopped
- 25g grated Cheddar cheese

1. Heat the oil in a saucepan and sauté the onion until soft.
2. Add the rice and stir until well coated.
3. Pour the boiling water over the rice, cover and cook for 8 minutes over a high heat.
4. Stir in the chopped butternut squash, reduce the heat, cover and cook for about 12 minutes or until the water has been absorbed.
5. Add the chopped canned plum tomatoes and grated cheese to the mixture and gently combine until melted.
6. Mash or blend until smooth, with soft lumps.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Minestrone soup	80g
Pasta shapes	20g
Grated cheese	10g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Minestrone soup**


This recipe makes 12 portions of about 80g.

- 2 tablespoons vegetable oil
- 1 medium onion, peeled and finely diced
- 1 medium carrot, peeled and finely diced
- ½ stalk celery, washed and finely chopped
- ½ leek, trimmed, washed and finely chopped
- 1 medium potato, peeled and finely diced
- 1 courgette, washed and finely diced
- 1 small can chopped tomatoes
- 500ml water
- 2 teaspoons tomato purée
- 1 teaspoon mixed dried herbs
- 60g frozen peas

1. Heat the oil in a large pan, add the onion and sauté for about 5 minutes.
2. Add the carrot, celery and leek and sauté until they begin to soften – about 5 minutes.
3. Add the potato and courgette and sauté for 2-3 minutes.
4. Stir in the chopped tomatoes, water, tomato purée and herbs, bring to the boil and simmer for 20 minutes.
5. Add the frozen peas and simmer for another 5-10 minutes until soft.
6. Blend or process the mixture until smooth, with small, soft lumps.





Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Spinach, rice and red pepper dahl	80g
Avocado slices	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Spinach, rice and red pepper dahl**

This recipe makes 12 portions of about 80g.

- 2 tablespoons vegetable oil
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 100g basmati rice
- 100g red lentils
- 1 red pepper, washed, deseeded and finely diced
- ½ teaspoon mixed herbs
- 100g chopped frozen spinach
- 1 small can chopped tomatoes
- 400ml water

1. Heat the oil in a saucepan, add the spices and rice and stir for 1 minute.
2. Add the lentils, red pepper, herbs, spinach, tomatoes and water and bring to the boil.
3. Cover and simmer for about 25 minutes until the rice and lentils are tender. Remove a few strips of red pepper for a garnish.
4. Mash the ingredients together with a fork and then blend or process if necessary to make a smooth mixture, with soft lumps. Add the remaining red pepper to garnish.



DESSERT Rice pudding with strawberry purée

7-9 month olds

Suggested portion sizes	
	<p>7-9 month olds As shown in the photo</p> 
Rice pudding	50g
Strawberry purée	10g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.


**Strawberry purée**

This recipe makes 12 portions of about 10g.

200g strawberries


1. Wash and hull the strawberries and mash on a plate.
2. Push the mashed strawberries through a fine sieve to make strawberry purée.



Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Canned mandarins in juice, drained	30g
Full-fat fromage frais	30g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.




Suggested portion sizes	7-9 month olds As shown in the photo	
Full-fat yoghurt	50g	
Raspberries	20g	

These portion sizes are based on the nutritional needs of a typical 7-9 month old.





Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Stewed apple	30g
Custard	30g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.


**Stewed apple**

This recipe makes 12 portions of about 30g.

- 3 eating apples
- 1 tablespoon water


1. Peel and core the apples and cut them into small chunks.
2. Place the apple and the water in a saucepan and bring to the boil. Turn the heat down, put a lid on the saucepan, and simmer until the apple is soft and can be mashed.
3. Cool before serving.



Suggested portion sizes	7-9 month olds As shown in the photo	
Full-fat plain yoghurt	50g	
Kiwi fruit	20g	

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



Suggested portion sizes	
	<p><b>7-9 month olds</b> As shown in the photo</p> 
Semolina	60g
Mashed blackberries	20g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Semolina**

This recipe makes 12 portions of about 60g.


60g semolina  
900ml full-fat milk

1. Place the semolina and the milk in a non-stick saucepan and gently bring to the boil, stirring continuously.
2. Simmer, stirring regularly, until the semolina has thickened and softened.



DESSERT Rice pudding with dried apricot purée

7-9 month olds

Suggested portion sizes	
	<b>7-9 month olds</b> As shown in the photo 
Rice pudding	50g
Dried apricot purée	20g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

**Rice pudding**

This recipe makes 12 portions of about 50g.

300g pudding rice  
1 litre full-fat milk

1. Place the rice and milk in a large non-stick saucepan and bring to the boil, stirring all the time.
2. Simmer for about 30 minutes over a low heat, stirring occasionally, until the rice is tender.
3. Mash the rice pudding until smooth, with soft lumps.

**Dried apricot purée**

This recipe makes 12 portions of about 20g.

12-16 dried apricots  
200ml water

1. Chop the dried apricots and place in a saucepan with the water.
2. Bring to the boil and gently simmer until the apricots are soft, making sure that the pan doesn't boil dry.
3. Mash the cooked apricots and put through a sieve or through a mouli or blender to make a purée.





# 10 to 12 months



# 10 to 12 months

## What should 10-12 month olds eat and drink?

By 10-12 months of age, a baby should be eating a range of minced and chopped foods and be eating three meals a day, as well as having three drinks of breast milk or infant formula (a total of about 400ml a day).

A 10-12 month old baby might have an eating pattern something like the one shown below:

<b>Breakfast</b>	Cereal with milk Fruit as a finger food Breast feed or infant formula in a cup (100ml) <i>Breastfed babies will always take the amount of milk they need and you don't need to know the amount.</i>
<b>Sleep</b>	
<b>Lunch</b>	Savoury course Savoury finger food Dessert Water in a cup to drink
<b>Sleep</b>	
<b>Tea</b>	Savoury course Savoury finger food Dessert Fruit finger food Breast feed or infant formula in a cup (100ml)
<b>Before bed</b>	Breast feed or infant formula (200ml)

When calculating the amount of foods a baby of this age will need each day, we have assumed that the child will be having about 400ml of standard infant formula or an equivalent in breast milk.

## What consistency should the food be?

Foods for babies of this age should be minced and chopped rather than mashed, and babies should be introduced to some harder foods to get them used to biting and chewing. Cut up hard foods into bite-size pieces so that the baby can't bite off too large a piece and choke.

## Finger foods for 10-12 month olds

By 10-12 months, babies can start to have a bigger range of finger foods with their meals. These can include raw fruit and vegetables and crunchy and chewy foods.

Examples of finger foods for 10-12 month olds include the following:

- *Raw fruit and vegetable pieces* (with any pips and stones removed) – such as apple, pear, banana, orange segments, halved cherries or grapes, cucumber, carrot, pepper or green beans
- *Starchy foods* such as breadsticks, rice cakes, bread crusts, pitta bread strips, toast, potato or pasta
- *Other foods* such as slices of hard-boiled egg, or tender pieces of meat or fish. (Check that there are no bones.)

## How much food does a 10-12 month old need?

To complement the nutrients that a baby will get from about 400ml of infant formula or the equivalent of breast milk, a 10-12 month old will need approximately 600kcal, 9g protein, 300mg calcium, 5mg iron and 3mg zinc from their food each day (as well as the fat, carbohydrate and other vitamins and minerals that their foods will provide).

The seven-day sample menu on the next page provides examples of the sorts of foods, and amounts of food, that would give a 10-12 month old baby all the nutrients they need for growth and activity.

Photos of most of the dishes in the sample menu, and recipes for them, can be found on pages 82-109.

For more advice on how to help babies of this age to eat well, see the *Resources* section on page 114



## Sample menu for 10-12 month olds

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Porridge 120g Dried apricots 20g Finger food: apple slices 30g Breast feed or infant formula in a cup 100ml	Baby muesli 30g with full-fat milk 100ml, full-fat yoghurt 20g and raisins 10g Finger food: blueberries 30g Breast feed or infant formula in a cup 100ml	Omelette 50g Canned chopped tomatoes 40g Finger food: satsuma 30g Breast feed or infant formula in a cup 100ml	Weet bisks 20g with full-fat milk 100ml Canned mandarins 30g Finger food: banana 30g Breast feed or infant formula in a cup 100ml	Eggy bread shapes 60g Finger food: peach slices 20g Breast feed or infant formula in a cup 100ml	Puffed wheat 20g with full-fat milk 100ml Finger food: soft dried prunes 20g Breast feed or infant formula in a cup 100ml	Mini blueberry pancakes 60g Finger foods: sliced banana 30g Breast feed or infant formula in a cup 100ml
<b>Lunch</b>	Chicken casserole 120g Finger food: cooked broccoli 30g Full-fat yoghurt 60g Raspberries 30g Water in a cup	Fish pie 100g Finger food: raw carrot sticks 30g Stewed apple with raisins 60g Water in a cup	Rice and red lentils 120g Finger food: pitta bread strips 30g Mashed canned peach 30g with full-fat yoghurt 30g Water in a cup	Pasta with Bolognese sauce 120g Finger food: green beans 30g Rice pudding 60g with strawberry purée 10g Water in a cup	Lamb and pumpkin stew 120g Finger food: roasted yam fingers 40g Fromage frais 60g Finger food: grapes 30g Water in a cup	Chick pea and butternut squash risotto 120g Finger food: roasted red pepper 30g Creamy egg custard 60g Pear slices 40g Water in a cup	Poached flaked mackerel 40g Potato, pea and cauliflower mash 80g Finger food: apple slices 30g Rhubarb crumble 60g Custard 40g Raspberries 30g Water in a cup
<b>Tea</b>	Vegetable couscous 100g Finger food: cucumber sticks 30g Mango fool 60g Finger food: mango slices 30g Breast feed or infant formula in a cup 100ml	Baked potato 60g with tomato sauce 40g Finger food: hard-boiled egg 40g Canned pear 40g with custard 40g Finger food: canned mandarin oranges 30g Breast feed or infant formula in a cup 100ml	Sweet potato and red pepper stew 100g Finger food: rice cakes 10g Chocolate custard 60g Mandarin oranges 30g Breast feed or infant formula in a cup 100ml	Creamy pea risotto 100g Finger food: sugar snap peas 10g and red pepper 20g Fromage frais 60g with melon 40g Breast feed or infant formula in a cup 100ml	Macaroni cheese with tomato 120g Broccoli 40g Finger food: sliced apricots 40g Banana 60g Breast feed or infant formula in a cup 100ml	Peanut butter and banana sandwiches 70g Finger food: strawberries 40g Stewed pear 60g with Greek yoghurt 30g Breast feed or infant formula in a cup 100ml	Butter beans in tomato sauce 70g Finger food: slices of yellow bell pepper 30g Cottage cheese 30g Fruit platter 50g Breast feed or infant formula in a cup 100ml
<b>Before bed</b>	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml	Breast feed or infant formula 200ml

## List of food photos: 10-12 month olds

The CD-ROM included with this book contains photos of all the following dishes, with suggested portion sizes and recipes – as shown on pages 82-109. The photos and accompanying text can be made up as A5-size food photo cards. For details of how to order these, see [www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)



### Breakfasts

- Porridge with dried apricots, and apple slices
- Baby muesli with yoghurt and raisins, and blueberries
- Omelette with canned tomatoes, and satsuma
- Weet biscuits with mandarins and banana
- Eggy bread shapes and peaches
- Puffed wheat and soft dried prunes
- Mini blueberry pancakes and banana



### Lunches

- Chicken casserole and broccoli
- Fish pie and carrot sticks
- Rice and red lentils with pitta bread
- Pasta with Bolognese sauce and green beans
- Lamb and pumpkin stew and roasted yam fingers
- Chick pea and butternut squash risotto with roasted red pepper
- Poached mackerel with potato, pea and cauliflower mash, and apple

### Teas

- Vegetable couscous with cucumber
- Baked potato with tomato sauce and hard-boiled egg
- Sweet potato and red pepper stew with rice cakes
- Creamy pea risotto with sugar snap peas and red pepper
- Macaroni cheese with tomato, and broccoli
- Peanut butter and banana sandwiches, with strawberries
- Butter beans in tomato sauce, with yellow peppers




### Desserts

- Mango fool with mango slices
- Canned pear with custard and mandarin oranges
- Rhubarb crumble with custard and raspberries
- Fromage frais with grapes
- Fromage frais with melon
- Chocolate custard with mandarin oranges
- Cottage cheese and fruit platter






Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Porridge made with full-fat milk	120g
Dried apricots	20g
Apple slices	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.




Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Baby muesli	30g
with full-fat milk	100ml
Full-fat yoghurt	20g
Raisins	10g
Blueberries	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.






Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Omelette	50g
Canned chopped tomatoes	40g
Satsuma segments	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Weet bisks	20g
with full-fat milk	100ml
Mandarin segments	30g
Banana	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Eggy bread shapes	60g
Peach slices	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Eggy bread shapes**


This recipe makes 12 portions of about 60g.

- 6 eggs
- 6 tablespoons full-fat milk
- 1 teaspoon cinnamon
- 6 slices bread
- 6 teaspoons butter

1. Beat the eggs and milk in a bowl.
2. Add the cinnamon.
3. Soak each slice of bread in the mixture.
4. Heat the butter in a non-stick frying pan and fry each slice for 2 minutes on each side.
5. Cut into shapes.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Puffed wheat	20g
Full-fat milk	100ml
Soft dried prunes	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Mini blueberry pancakes	60g
Banana slices	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Mini blueberry pancakes**

This recipe makes 12 portions of about 60g.

- 2 eggs
- 100ml full-fat yoghurt
- 100ml full-fat milk
- 200g self-raising flour
- 200g blueberries
- 1 tablespoon vegetable oil

1. Place the eggs, yoghurt, milk and flour in a bowl and mix together until smooth. Stir in the blueberries.
2. Heat the oil gently in a large frying pan.
3. Turn the heat to low and drop spoonfuls of the batter in the pan, allowing room for each pancake to spread.
4. Cook gently until bubbles appear and turn when the underside is golden.



Suggested portion sizes	10-12 month olds As shown in the photo
Chicken casserole	120g
Cooked broccoli	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.


**Chicken casserole**

This recipe makes 12 portions of about 120g.

- 2 large potatoes, peeled and diced
- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 stick celery, finely chopped
- 1 small red pepper, cored and finely chopped
- 500g chicken breast, finely chopped
- 1 can (400g) chopped tomatoes
- 1 tablespoon chopped parsley

1. Boil the potatoes until tender and then drain.
2. In a large pan, heat the vegetable oil and cook the onion until soft. Add the celery and pepper and cook to soften.
3. Add the chicken and cook for about 1 minute, stirring all the time.
4. Add the chopped tomatoes and parsley and cook for about 20 minutes with the lid on until the chicken is cooked thoroughly,
5. Add the diced potato and heat through.
6. Cool and chop to the required consistency.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Fish pie	100g
Carrot sticks	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Fish pie**

This recipe makes 12 portions of about 100g.

- 3 large potatoes, peeled and cut into small pieces (about 600g prepared weight)
- 50g butter
- 500g white or pink fish (Look for fish from sustainable sources.)
- 100g frozen peas
- 3 tablespoons crème fraîche
- 1 tablespoon chopped parsley

1. Boil the potatoes until soft. Drain, add the butter and mash.
2. Steam or microwave the fish to cook, taking care to remove all bones and skin. Flake the fish into small pieces.
3. In a bowl mix the fish, peas, crème fraîche and parsley and place in a heatproof bowl. Place the mashed potato on the top and bake or microwave until piping hot.
4. Leave to cool and chop to the correct consistency as required.

**Note:** Make sure that any fish served to children has had all the bones removed.






LUNCH **Rice and red lentils with pitta bread**



LUNCH **Rice and red lentils with pitta bread**

10-12 month olds

Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Rice and red lentils	120g
Pitta bread strips	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Rice and red lentils**

This recipe makes 12 portions of about 120g.

- 1 tablespoon vegetable oil
- 1 small onion, finely diced
- 1 can (400g) chopped tomatoes
- ½ red pepper, cored and finely chopped
- 1 small carrot, peeled and finely chopped
- 100g frozen peas
- 1 tablespoon chopped parsley
- 100g white rice boiled in 200ml water
- 100g red lentils boiled in 200ml water

1. Heat the oil in a pan and gently fry the onion until softened.
2. Add the tomatoes, pepper, carrot, peas and parsley and cook until soft.
3. Add the drained, cooked rice and lentils and heat through.
4. Cool and chop to the desired consistency.







Suggested portion sizes	10-12 month olds As shown in the photo
Pasta with Bolognese sauce	120g
Green beans	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.


**Pasta with Bolognese sauce**

This recipe makes 12 portions of about 120g.

- 250g baby pasta or small pasta shapes
- 500ml water
- 1 tablespoon vegetable oil
- 1 onion, finely diced
- 500g lean beef mince
- 1 can (400g) chopped tomatoes
- 3 tablespoons tomato purée
- 1 teaspoon dried mixed herbs

1. Boil the pasta in the water until tender, and then drain.
2. Heat the oil in a large frying pan, sauté the onion to soften and then add the mince. Cook until the mince releases fat and then drain off any excess fat.
3. Add the tomatoes, tomato purée and herbs to the mince and onion and simmer gently for about 20 minutes until the meat is thoroughly cooked.
4. Mix in the pasta and heat through.
5. Chop finely to the appropriate consistency.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Lamb and pumpkin stew	120g
Roasted yam fingers	40g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Lamb and pumpkin stew**

This recipe makes 12 portions of about 120g.

- 1 tablespoon vegetable oil
- 500g lean shoulder of lamb, minced
- 1 clove garlic, crushed
- 1cm fresh root ginger, peeled and grated
- 1 large onion, peeled and finely diced
- 1 small can chopped tomatoes, finely chopped
- 350ml water
- 500g pumpkin, squash or marrow, peeled and cut into small cubes

1. Place the oil in a saucepan. Add the lamb, garlic and ginger and stir for about 5 minutes.
2. Add the rest of the ingredients.
3. Cover and simmer for 30-40 minutes until the lamb and vegetables are tender.
4. Mash and chop the meat and vegetables into the liquid, making sure there are no hard or chewy lumps.


**Roasted yam fingers**

This recipe makes 12 portions of about 40g.

- 2 tablespoons vegetable oil
  - 500g yam, peeled and cut into fingers
1. Brush a baking tray with the oil. Place the yam fingers on the baking tray and roast at 180°C / 350°F / Gas 4 for about 20 minutes until soft.



LUNCH Chick pea and butternut squash risotto with roasted red pepper 10-12 month olds

Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Chick pea and butternut squash risotto	120g
Roasted red pepper	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Chick pea and butternut squash risotto**

This recipe makes 12 portions of about 120g.

- 600ml water
- 1 onion, peeled and finely diced
- 1 clove garlic, crushed
- 1 teaspoon dried mixed herbs
- 1 tablespoon tomato purée
- ½ small butternut squash, peeled and finely cubed
- 200g risotto rice
- 400g canned chick peas in water, drained
- 60g cream cheese
- 1 teaspoon chopped parsley


1. Place the water, onion, garlic, herbs, tomato purée and squash in a large saucepan and simmer for 10-15 minutes until the squash is soft.
2. Add the rice and chick peas and simmer with a lid on until the rice is tender.
3. Add the cream cheese and parsley to the stew and roughly mash the mixture, making sure there are no hard lumps.





LUNCH Poached mackerel with potato, pea and cauliflower mash, and apple

10-12 month olds

Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo
	
Poached mackerel	40g
Potato, pea and cauliflower mash	80g
Apple	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Potato, pea and cauliflower mash**

This recipe makes 12 portions of about 80g.

- 2 large potatoes, peeled and diced
- ½ cauliflower, broken into florets
- 300g frozen peas
- 2 tablespoons butter

1. Put the potato in a saucepan, cover with water and bring to the boil.
2. Put the cauliflower florets in a steamer on top. (Or add them to the pan a few minutes before the potatoes are cooked.)
3. When the potatoes are cooked, add the frozen peas and bring back to the boil.
4. Drain the potato and the peas.
5. Mash the potato, peas and cauliflower together with the butter until soft, with a few lumps.

**Note:** Make sure that any fish served to children has had all the bones removed.





Suggested portion sizes	10-12 month olds As shown in the photo
Vegetable couscous	100g
Cucumber sticks	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Vegetable couscous**


This recipe makes 12 portions of about 100g.

- 250g couscous
- 500ml boiling water
- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 large cooked carrot, peeled and diced
- 10 cooked green beans, finely chopped
- 150g full-fat soft cheese

1. Put the couscous into a bowl, pour the boiling water over it and mix very gently. Leave covered for about 4 minutes until the water has been absorbed. Fluff with a fork.
2. Heat the oil in a pan and soften the onion. Add the carrot and green beans and heat through.
3. Mix in the couscous and the soft cheese and heat through.
4. Cool before serving.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Baked potato	60g
Tomato sauce	40g
Hard-boiled egg	40g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Tomato sauce**

This recipe makes 12 portions of about 40g.

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 can (400g) chopped tomatoes
- 1 tablespoon tomato purée
- 1 tablespoon chopped parsley

1. Heat the oil in a pan and soften the onion.
2. Add all the other ingredients and simmer for about 15-20 minutes.
3. If necessary, blend with a hand blender to make a fairly smooth sauce.
4. Cool before serving.



Suggested portion sizes	10-12 month olds As shown in the photo
Sweet potato and red pepper stew	100g
Rice cakes	10g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Sweet potato and red pepper stew**


This recipe makes 12 portions of about 100g.

- 2 large sweet potatoes, peeled and diced
- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 large red pepper, cored and diced
- 1 large carrot, peeled and diced
- 100g frozen peas
- 1 can (400g) chopped tomatoes
- 1 tablespoon chopped parsley

1. Cook the sweet potato in boiling water until soft,
2. Heat the oil in a large pan, add the onion, and cook until softened.
3. Add the pepper, carrot and peas and cook for 1 minute.
4. Add the tomatoes and parsley and simmer for about 20 minutes with the lid on until the vegetables are soft.
5. Add the sweet potato and heat through.
6. Cool and chop to the desired consistency.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Creamy pea risotto	100g
Sugar snap peas	10g
Red pepper	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Creamy pea risotto**


This recipe makes 12 portions of about 100g.

- 1 tablespoon vegetable oil
- 1 small onion, finely diced
- 300g risotto rice or pudding rice
- 700ml water
- 200g frozen peas
- 120g full-fat soft cheese
- 1 tablespoon chopped parsley

1. Heat the oil in a large pan and soften the onion.
2. Add the rice and stir until it begins to go translucent.
3. Add the water a little at a time, stirring until it has been absorbed.
4. Cook for about 30 minutes until the rice is soft.
5. Add the peas, soft cheese and parsley and warm through.
6. Cool and mash if required.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Macaroni cheese with tomato	120g
Broccoli	40g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Macaroni cheese with tomato**

This recipe makes 12 portions of about 120g.

- 225g macaroni or small pasta shapes
- 60g butter
- 60g plain flour
- 900ml full-fat milk
- 240g grated Cheddar cheese
- 1 large tomato, skinned and chopped

1. Cook the macaroni in a large pan of boiling water as instructed on the packet.
2. Melt the butter in a pan and then add the flour, stirring, until it forms a ball. Take off the heat and gently beat in the milk to make a smooth sauce.
3. Bring the sauce to the boil until it thickens.
4. Add almost all of the grated cheese and cooked macaroni and stir in the chopped tomato.
5. Heat through and then mash roughly to remove any large lumps.
6. Sprinkle the remaining cheese on top before serving.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Peanut butter and banana sandwiches	70g
Strawberries	40g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.


**Peanut butter and banana sandwiches**

This recipe makes 12 portions of about 70g.

- 12 large slices bread
- 180g smooth peanut butter
- 2 large bananas

1. Spread 6 slices of bread with peanut butter.
2. Mash the bananas and spread on top of the peanut butter.
3. Place the other slices of bread on top.
4. Cut into fingers.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Butter beans in tomato sauce	70g
Slices of yellow pepper	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Butter beans in tomato sauce**


This recipe makes 12 portions of about 70g.

- 2 tablespoons vegetable oil
- 1 large onion, peeled and finely chopped
- 1 clove garlic, crushed
- 400g canned chopped tomatoes
- Pinch of fresh herbs such as oregano, basil or parsley, chopped (or dried herbs)
- 400g canned butter beans, drained

1. Heat the oil in a saucepan and sauté the onion and garlic until soft.
2. Add the tomatoes and chopped herbs and stir well.
3. Simmer the sauce gently over a low heat for 30 minutes.
4. When cooked, sieve or blend the sauce to make a smooth sauce.
5. Add the drained butter beans to the sauce and heat through.
6. Roughly mash before serving.





Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Mango fool	60g
Mango slices	30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Mango fool**


This recipe makes 12 portions of about 60g.

350g fresh or drained canned mango  
 350g custard made with full-fat milk

1. Mash the mango and mix with the custard.
2. Chill until serving.






Suggested portion sizes	
	<p><b>10-12 month olds</b> As shown in the photo</p> 
Canned pear in juice, drained	40g
Custard	40g
Mandarin oranges	30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Rhubarb crumble	60g
Custard	40g
Raspberries	30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Rhubarb crumble**


This recipe makes 12 portions of about 60g.

- 12 sticks of rhubarb, chopped
- 3 tablespoons sugar
- 120g plain white flour
- 80g wholewheat flour
- 100g vegetable fat spread
- 80g sugar
- 40g rolled oats

1. Heat the oven to 200°C / 400°F / Gas 6 and grease an ovenproof bowl.
2. Place the chopped rhubarb in the base of the dish. Top with the first quantity of sugar.
3. Place the flour, vegetable fat spread, remaining sugar and oats in a separate bowl and mix using your fingertips, until the mixture resembles breadcrumbs.
4. Cover the fruit with the crumble mixture.
5. Bake for about 40 minutes.






Suggested portion sizes	10-12 month olds As shown in the photo	
Fromage frais	60g	
Grapes	30g	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.




Suggested portion sizes	10-12 month olds As shown in the photo	
Fromage frais	60g	
Sliced and chopped melon	40g	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.





Suggested portion sizes	10-12 month olds As shown in the photo	
Chocolate custard	60g	
Mandarin orange segments	30g	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Chocolate custard**

This recipe makes 12 portions of about 60g.

- 50g cocoa powder
- 30g sugar
- 60g cornflour
- 600ml full-fat milk


1. Sieve the cocoa powder into a bowl and add the sugar and cornflour.
2. Combine with enough milk to blend into a smooth paste.
3. Pour the rest of the milk into a saucepan and bring to the boil.
4. Pour onto the cocoa paste and stir well.
5. Return the mixture to the pan, put back on the heat, and stir continuously until the mixture thickens.
6. Serve when cool.

DESSERT Cottage cheese and fruit platter



DESSERT Cottage cheese and fruit platter

10-12 month olds

Suggested portion sizes	10-12 month olds As shown in the photo	
Cottage cheese	30g	
Fruit platter	50g	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Fruit platter**

This recipe makes 12 portions of about 50g.

- 2 kiwi fruit, peeled and sliced
- 12 strawberries, sliced
- ½ pineapple, peeled, sliced and cut into fingers
- ½ melon, peeled, deseeded and cubed





# Additional information



# Good sources of vitamins and minerals

The table below shows a number of foods and drinks which are important sources of certain vitamins and minerals for children from the age of 6 months. These are based on average servings.

	EXCELLENT	GOOD	USEFUL
<b>VITAMIN A</b>	liver* carrots spinach sweet potatoes red peppers mango cantaloupe melon dried apricots	nectarine peach blackcurrants fresh or canned apricots watercress tomatoes cabbage (dark) broccoli Brussels sprouts runner beans broad beans vegetable fat spread butter cheese kidney	salmon herrings egg honeydew melon prunes orange sweetcorn peas full-fat milk
<b>VITAMIN C</b>	blackcurrants orange (and orange juice) strawberries spring greens green and red peppers (raw)	broccoli cabbage cauliflower spinach tomato Brussels sprouts watercress kiwi fruit mango grapefruit	potatoes green beans peas satsumas eating apples nectarines peaches raspberries blackberries
<b>VITAMIN D</b>	herrings pilchards sardines tuna salmon egg	liver* (other than chicken liver) vegetable fat spread	chicken liver*
<b>IRON</b>	liver* kidney	wholemeal bread/flour weet bisks beef lamb sardines, pilchards soya beans chick peas lentils spinach broccoli spring greens dried apricots raisins	white bread baked beans broad beans black-eyed peas blackcurrants salmon tuna herrings chicken and other poultry egg tofu

	EXCELLENT	GOOD	USEFUL
<b>ZINC</b>	liver* kidney lean meat	poultry sardines tofu puffed wheat weet bisks ground nuts	meat canned tuna or pilchards eggs milk cheese beans and lentils brown or wholemeal bread plain popcorn sesame seeds
<b>CALCIUM</b>	milk green leafy vegetables sardines cheese tofu yoghurt	pilchards sesame seeds sesame paste ground almonds	salmon white bread/flour peas, beans, lentils dried fruit orange egg yolk

\* Liver is very rich in vitamin A which can be harmful in large amounts. It is recommended that these foods are given to children no more than once a week.

# Resources

This section gives sources of further information about menu planning and eating well for children in the first year of life.

## ORGANISATIONS

The organisations listed below provide a range of information, support and resources on infant feeding.

**Association of Breastfeeding Mothers**  
PO Box 207  
Bridgwater  
Somerset TA6 7YT  
T: 08444 122 948  
Helpline: 08444 122 949  
E: [info@abm.me.uk](mailto:info@abm.me.uk)  
[www.abm.me.uk](http://www.abm.me.uk)

**The Baby Café**  
PO Box 640  
Haywards Heath RH17 5WS  
[www.thebabycafe.org](http://www.thebabycafe.org)

**Baby Milk Action**  
34 Trumpington Street  
Cambridge CB2 1QY  
T: 01223 464420  
[www.babymilkaction.org](http://www.babymilkaction.org)

**Best Beginnings**  
112 Mill Lane  
London NW6 1XQ  
T: 020 7443 7895  
E: [info@bestbeginnings.org.uk](mailto:info@bestbeginnings.org.uk)  
[www.bestbeginnings.info](http://www.bestbeginnings.info)

**Breastfeeding Network**  
PO Box 11126  
Paisley PA2 8YB  
Scotland  
T: 0844 412 0995  
Supporterline: 0300 100 0210  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

**La Leche League**  
PO Box 29  
West Bridgford  
Nottingham NG2 7NP  
T: 0845 456 1855 (General enquiries)  
Helpline: 0845 120 2918  
[www.laleche.org.uk](http://www.laleche.org.uk)

**National Childbirth Trust**  
Alexandra House  
Oldham Terrace  
London W3 6NH  
T: 0844 243 6000  
Helpline: 0300 330 0770  
Breastfeeding helpline: 0300 330 0771  
E: [enquiries@national-childbirth-trust.co.uk](mailto:enquiries@national-childbirth-trust.co.uk)  
[www.nct.org.uk](http://www.nct.org.uk)

**UNICEF UK Baby Friendly Initiative**  
2 Kingfisher House  
Woodbrook Crescent  
Billericay  
Essex CM12 0EQ  
T: 0844 801 2414  
E: [bfi@unicef.org.uk](mailto:bfi@unicef.org.uk)  
[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

## PUBLICATIONS

### Caroline Walker Trust publications

For details, see [www.cwt.org.uk](http://www.cwt.org.uk)

**Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines**

**Eating Well for Under-5s in Child Care: Training Materials for People Working with Under-5s in Child Care**

Information and recommendations about eating well and practical menu planning, for use by individual child carers or by those offering training to owners, managers, catering staff, local authority staff, childminders, teachers and other carers in environments providing child care for under-5s. The training materials also include a CD-ROM with useful information about foods, recipes and menu planning.

For information about photo resources for children aged 1-4 years, 5-11 years and 12-18 years, see the CHEW website.

[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)



## Healthy Start

For information on the Healthy Start scheme, see [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## NHS Healthy Choices

[www.nhs.uk](http://www.nhs.uk)

For further information from the Department of Health on healthy eating for pregnant women and infants, and information on the first 5 years of life.

The following publication can also be downloaded from the website:

**Birth to Five: Your Complete Guide to Parenthood and the First Five Years of Your Child's Life** (2008)

## NHS Health Scotland/Scottish Executive publications

T: 0131 536 5500

W: [www.healthscotland.com](http://www.healthscotland.com)

Email: [nhs.HealthScotland-Publications@nhs.net](mailto:nhs.HealthScotland-Publications@nhs.net)

### **Adventures in Foodland** (2010)

Nutrition resource aimed at carers of pre-school children, especially carers of very young children in the 0-3 age group.

### **Fun First Foods Booklet** (2010)

Provides tips, advice, recipes and information on the different stages of weaning.

Available from

[www.healthscotland.com](http://www.healthscotland.com)

### **Complementary Feeding or Weaning**

Recommendations on how and when to begin weaning or complementary feeding.

### **Is Your Child a Fussy Eater?**

Tips for encouraging fussy eaters to eat well.

## Public Health Agency (Northern Ireland) publications

T: 028 9031 1611

W: [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

The following publications can be downloaded from:

[www.publichealth.hscni.net](http://www.publichealth.hscni.net) or [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

### **Off to a Good Start: All You Need to Know about Breastfeeding Your Baby** (2010)

Contains essential facts to help mothers in making informed choices about how to feed their babies.

ISBN 1-874602 48 4

### **Weaning Made Easy: Moving from Milk to Family Meals** (2010)

For parents of young babies and health professionals working with this group.

## Publications from the Welsh Assembly

Bilingual resources (in English and Welsh) have been produced by the Welsh Assembly Government and can be downloaded as PDF files from: [www.cmo.wales.gov.uk/content/publications/index-e.htm](http://www.cmo.wales.gov.uk/content/publications/index-e.htm)

### *Weaning booklets*

**Help ... My Child is Fussy with Food Stage 1: Easy to Cook Family Foods for Your Baby**

**Stage 2: Easy to Cook Family Foods for Your Baby**

**Stage 3: Easy to Cook Family Foods for Your Baby**

**Birth to Five: Your Complete Guide to Parenthood and the First Five Years of Your Child's Life** (2008)

**Food and Health Guidelines for Early Years and Childcare Settings** (2009)

## Publications from the British Dietetic Association Paediatric Group

[www.bda.uk.com](http://www.bda.uk.com)

**After Milk – What's Next?**

**Breastfeeding: Best For Baby**

**Weaning Your Child**

**Vitamin Supplements for Babies and Children?**

## BOOKS

### **Baby and Child Vegetarian Recipes**

Carol Timperley  
Ebury Press, London  
ISBN 0091853001

### **The Big Book of Recipes for Babies, Toddlers and Children**

Bridget Wardley and Judy More  
Duncan Baird  
ISBN 1 84483 036 7

### **Feeding Your Baby**

Judy More (2007)  
Teach Yourself Books, Hodder Education, London

### **Finger Food for Babies and Toddlers**

Jennie Maizels  
Vermilion  
ISBN 0091889510

### **The Nursery Food Book**

Mary Whiting and Tim Lobstein  
Arnold (Hodder Headline)  
ISBN 0340718943

## FOOD HYGIENE

### **Food Hygiene: A Guide for Businesses**

Available to download from [www.food.gov.uk](http://www.food.gov.uk)

## TRAINING IN 'EATING WELL'

In the UK, registered dietitians (RD) and registered public health nutritionists (RPHNutr) are the professionals qualified to provide advice and training on good nutrition in public settings. For a list of qualified trainers across the UK, see the CWT website [www.cwt.org.uk](http://www.cwt.org.uk)

Registered dietitians can be found via the British Dietetic Association: [www.bda.uk.com](http://www.bda.uk.com) or via the website [www.dietitiansunlimited.co.uk](http://www.dietitiansunlimited.co.uk)

Registered nutritionists can be found via the Association for Nutrition at [www.associationfornutrition.org](http://www.associationfornutrition.org)





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[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)

