

BABY FOOD GUIDELINE

SHEKNOWS AUSTRALIA



FOOD	PREPARATION	SUITABLE AGE
 <p>BABY CERERAL (rice cereal, porridge, muesli, etc.)</p>	Prepare with a little breast milk, formula or cooled boiled water. Serve with mashed fruit, such as banana or stewed apple.	4 months+
 <p>VEGIES (pumpkin, carrot, sweet potato, potato, zucchini)</p>	Steam, boil or roast, then puree with a little water to make a smooth consistency.	4-8 months+
	Steam, boil or roast, then mash into a smooth consistency (once baby has teeth the mixture can be lumpier).	6-12 months+
	Roast in small chunks and serve as a finger food (suitable once your baby has teeth).	12 months+
 <p>AVOCADO</p>	Once mashed, it can be added to another fruit/vegetable or spread onto toast or Cruskita.	6 months+
 <p>EGGS - yolk only</p>	Eggwhite is highly allergenic and should be avoided until 12 months of age.	6 months+
 <p>TOAST</p>	Butter and cut into soldiers for baby to suck on. Avoid spreads until baby is 12 months or older.	8 months+
 <p>MEAT</p>	Babies begin to lose their iron stores from 6 months old, so serve up iron-rich meats like beef; one part meat to two parts vegie is ideal.	6-7 months+
 <p>CHICKEN</p>	Chicken is a great source of protein. Puree for small infants or serve as a finger food to older babies.	6-7 months+
 <p>CHEESE</p>	Full-fat cheese can be mixed in with vegie mashes.	8 months+
 <p>YOGHURT</p>	Opt for Greek yoghurt with fruit, or other low-sugar, cultured yoghurts made with quality ingredients.	8 months+
 <p>EGGS - whole egg</p>	Serve scrambled, poached or soft boiled with toast soldiers for dipping.	12 months+
 <p>HONEY, JAM, PEANUT BUTTER</p>	Spreads should be avoided before 12 months of age due to high sugar and high allergy potential.	12 months+



Baby Food Guide

Roman Wölfel



Baby Food Guide:

Delve into the emotional tapestry woven by Emotional Journey with in **Baby Food Guide** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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