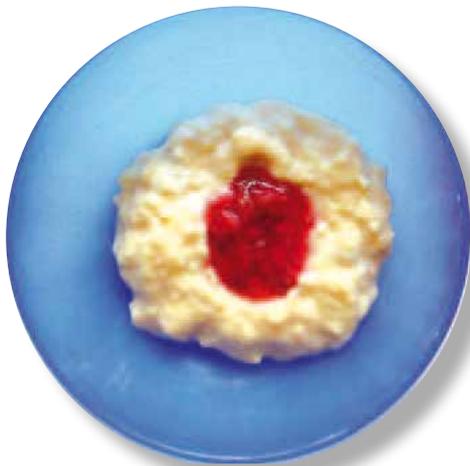




# Eating well: first year of life

## 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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Re-designed by Darren Lomon from Greenwich Cooperative Development Agency ([www.gcda.coop](http://www.gcda.coop)).

The First edition 7-9months and 10-12 months menu plans are retained in this update and are based on the Committee on Medical Aspects of Food and Nutrition Policy (COMA) 1991 Dietary Reference Values for Food Energy and Nutrients for the UK. Adherence to the Scientific Advisory Commission on Nutrition (SACN) 2011 Dietary Reference Values for Energy was observed as the reference in assessing the menu plans (including milk), though some micronutrients such as iron, calcium and zinc were below the RNI (Reference Nutrient Intake) for the 7-12 months age group.

## 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)

The Caroline Walker Trust  
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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 newborns, 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 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 centres, dietitians, registered nutritionists, community food workers, health visitors, social workers, paediatricians 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 complimentary 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.
- accompanying CD-ROM with the PDF of this guide and all the food 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 reference on eating well for under-5s

The Caroline Walker Trust has based the recommendations on a previously produced report which provides explanation and evidence 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).

A photo resource called *Eating Well for 1-4 Year Olds: Practical Guide* can be obtained from [www.cwt.org.uk](http://www.cwt.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 111 or talk to a health visitor, community paediatric dietitian or a health professional.





# 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 can supply the entire nutritional needs for the rapid growth and development that an infant undergoes during that time. The UK Department of Health recommends that, wherever possible, **all infants should be breastfed (or infant formula fed) for at least a year and exclusively breastfed (or infant formula) for the first 6 months of life. Breastfeeding (or infant formula) should continue beyond 6 months along with appropriate types and amounts of solid foods.** The World Health Organisation recommends breastfeeding for 2 years and beyond.

## 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. Giving babies breast milk substitutes before 6 months, such as water, juice, infant formula food and dummies, will diminish breast milk supply and will contribute very little, or no nutrition to a baby. It makes sense to feed babies with breast milk for the following reasons.

### Benefits 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 babies to learn to regulate their appetite.
- ★ There are many components of breast milk which are not reproducible anywhere else. Many of these substances protect a baby from infection and boost the immune system. Babies who are breastfed have fewer gastrointestinal and respiratory problems and ear infections during infancy. They may also be less likely to develop allergies, as well as some conditions such as diabetes and obesity as they get older.



Information, support and advice on why 'mum's milk' is best can be found by [clicking here](#)

### **Benefits for mum**

- ★ Breastfeeding offers significant health advantages for women. It supports bone health and reduces risk of developing pre-menopausal breast and ovarian cancers.
- ★ Breastfeeding also means an increased likelihood of returning to pre - pregnancy weight and that the return of the menstrual cycle is delayed.

### **Benefits 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.

### **Responsive Breastfeeding**

This is known as baby led feeding or on-demand feeding. UNICEF Baby Friendly Practice Standards (revised in December 2013) use the term 'responsive feeding' in recognition of the fact that successful breastfeeding is a sensitive, reciprocal relationship between a mother and her baby. Mothers are encouraged to feed their baby as often as they want and to let their baby decide when they have had enough. The key message is that exclusively breastfed babies cannot be overfed or 'spoilt' by frequent feeding.

For more information about breastfeeding and how to support women who want to breastfeed, see the *Resources* section on page 111.

## **Vitamin D**

- ★ Extra vitamin D is required for pregnant women, for mothers and for babies and children.
- ★ Vitamin D is essential during foetal development.
- ★ Vitamin D aids absorption of calcium, which is essential for keeping bones healthy and teeth strong throughout life.
- ★ Main source of vitamin D is sunshine not from food.
- ★ Pregnant women should take tablets containing 10 micrograms (µg) of vitamin D per day and can continue with this supplement until their baby is one year of age. This is to ensure the mother's requirements for vitamin D are met and to build adequate foetal stores for early infancy.
- ★ All parents are advised to give their babies vitamin drops, containing between 7.0 to 8.5 (µg) of vitamin D from 6 months to five years of age.

Women who may be at greater risk of low vitamin D status (for example, those with darker skins, women who wear clothing which covers most of their skin when outside, women who have children in close succession and women who spend limited amounts of time outside with some of their skin exposed in the summer months) are strongly encouraged to take a vitamin D supplement even if they think they have a healthy diet, as it is unlikely they can obtain sufficient vitamin D from foods alone.

Babies that are breastfed or formula fed should be given a vitamin D supplement from 6 months of age. Some infants may benefit from vitamin supplements, containing vitamin D from birth, particularly when the mother has not supplemented in pregnancy or may be deficient at the start of pregnancy. Parents and carers should talk to their GP or health visitor about this.

Infants and adults can spend time safely outside in the summer sun. It is essential to ensure that sun exposure does not lead to sun burn, but short periods of safe sun exposure will help synthesise vitamin D.

For those on low income, the Healthy Start (Department of Health) scheme offers free vitamin supplements to pregnant women, mothers and babies. These supplements contain the recommended daily amount of vitamin D. Parents should check with their GP or health visitor for any local schemes where vitamins may be distributed in the community. 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 cow's 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 goat's milk protein, soy protein from soya beans with added vegetable and other oils and maltose, maltodextrins or glucose polymers.

Current UK legislation specifically states that only products based on cow's milk protein, hydrolysed protein, goat's milk or soy protein may be marketed as infant formula and follow-on formula. Legislation also states which ingredients are mandatory (protein, fat, carbohydrate, vitamins and minerals) and required in the composition of standard formulas. Minimum and maximum amounts of mandatory ingredients are set out in detail in the European regulations. All other ingredients in infant formulas are optional.

As all infant formulas must comply with European-wide infant formula and follow-on formula regulations, the basic composition of the majority of infant formula 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. First milk formulas are whey based and are easier to digest.

Infant formulas that are casein based e.g. 'hungrier baby' formula are supposed to take babies longer to digest than whey-based formula. There is no nutritional difference between hungrier baby formula and first infant formula. There is no evidence that 'hungrier baby' formula helps children to sleep better or be more settled and these milks have been reported to increase gastrointestinal problems in some babies.

Follow-on formulas are casein based. They contain higher levels of some minerals and follow-on formula should never be given to a baby before 6 months. There is no need to change to follow-on formula from 6 months as a standard first milk formula can continue until a baby is 12 months of age.

Babies should be breastfed or given a suitable formula throughout the first year of life and by one year of age can move to full-fat cow's milk as their main drink. 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 (usually the optional 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 cow's 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 infant formula**

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. There are some concerns about high levels of phyto-oestrogens which can pose a risk to the future reproductive health of infants. 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 cow's milk intolerance, as these infants may be allergic to soy protein. Soy protein based formulas are more likely to cause dental decay, as they contain glucose rather than lactose. 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: cow's milk, goat's milk and sheep's milk.
- any condensed milk, evaporated milk, dried milk powder, sweetened milks and any other type of milk substitute such as oat 'milk', rice 'milk' and nut '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 (cow's milk, goat's milk or sheep's milk) or calcium-fortified milk substitutes can be used in cooking only.

Milks such as rice 'milk', oat 'milk', hemp 'milk', nut 'milks' and sweetened milks are low in essential nutrients and energy and should be avoided under 2 years of age. Unless advised by a health professional.

It is important to note that rice milk should not be given to children under the age of 4 years, as it has been shown to contain traces of arsenic.

## Responsive Bottle-feeding

Responsive bottle-feeding is about becoming attentive to a baby's cues when bottle-feeding. Parents should:

- recognise and respond to cues that baby is hungry.
- invite the baby to draw in the teat rather than forcing the teat into the mouth.
- pace the feed so that the baby is not forced to have more than they want to.
- recognise and respond to cues that baby has had enough milk. For example turning their heads away, pushing the bottle away or not opening their mouth to accept the teat.

Forcing babies to take a bit more milk so that they will go longer between feeds can lead to overfeeding and should be discouraged.

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

Babies who are bottle-fed should be held close and have eye contact with an attentive adult while being fed. It is good practice to ensure one main carer is responsible for the majority of bottle feeds. Babies should never be left propped up with bottles as this is both dangerous (as babies may choke) and inappropriate to babies' emotional needs.

## 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
- 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 rapid infant weight gain 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.

*Information and A Guide to Bottle Feeding* is available to download from the Start4Life website or accessed [here](#)

# From 6 months



# From 6 months

## Introducing foods to complement breast milk or infant formula

Weaning and complementary feeding are the terms often given to the introduction of food other than breast milk (or infant formula) to an infant. In the UK, the introduction of solid food into the infant diet is recommended to start around 6 months of age.

In the first 6 months of life, babies 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.

To help determine whether an infant is ready to start solid foods it is useful to look for developmental cues or signs, which indicate that they are ready to feed themselves and that their digestive and immune systems are ready to cope with substances other than milk.

These cues include:

- They are able to sit up unsupported, showing good trunk control and can hold their head steady.
- They are able to pick up objects and move them towards their mouth, with control.
- They have more control over their tongue and are able to swallow food. If a baby has developed tongue control then they will generally be getting more food into their mouth than around their mouth.

It is rare for these cues to be displayed by babies younger than 6 months of age. It is important that all of these cues are seen before an infant can be considered to be developmentally ready to start solid foods.

Introducing solids around 6 months of age means the infant will be able to feed themselves more readily and there will be no need to avoid foods such as milk, wheat, or egg for risk of allergy.

Please note that behaviours such as showing an interest in food, waking up in the night or the perception that babies are no longer satisfied with milk feeds are not signs that an infant is developmentally ready for solids. Babies that seem unsatisfied with milk feeds may simply require more milk, as they grow bigger the amount of milk they require will increase.

There are lots of good sources of information about introducing complementary foods and some of these are outlined in the *Resources* section on page 111.

## Tips for introducing solids at 6 months

### What foods to serve

- Offer a good variety of foods early on including soft well cooked meat, fish and pulses, dairy products such as cheese and yoghurt, fruits and vegetables and starchy foods.
- Soft or mashed family foods (without salt) can be offered to infants from 6 months, there is no need to prepare special baby foods or offer ready-made baby food (see page 22 for tips on adapting family foods).
- If spoon feeding, offer foods of a soft and mashed texture.
- Offer finger foods regularly. Finger foods help babies to develop self-feeding skills. Never add salt or sugar to foods for infants.
- Avoid artificial sweeteners commonly found in processed foods.
- Eggs, meat and fish given to babies or toddlers should be well cooked.
- 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 breast and formula milk and water.
- For information on foods and drinks that should not be given to infants in the first year of life, see the table on page 20.

### Things to think about at mealtimes

- Start slowly, offering small tastes of soft or mashed food at first. Be led by the baby and watch for feeding cues which indicate they are ready for more food or may be feeling full.
- Babies should be seated in an upright position for feeding. Ensure that they have access to a table so they are able to reach for food and feed themselves.
- Always use crockery and cutlery that is an appropriate size for a baby.
- Offer small amounts of food before milk feeds at mealtimes. 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.
- 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.
- Babies should be supervised for all meals and snacks.
- When learning to feed themselves or if being fed, infants may gag. This is a natural reflex where food is moved from the back of the throat into the front of the mouth and should not be mistaken with choking. Gagging is noisy and when a baby gags they may turn red in the face

but will usually continue to eat. This is very common and a natural part of the process of learning to eat solid foods, teaching a baby to chew and swallow food safely. If a baby gags or coughs frequently, discuss this with a health visitor or GP.

Please see page 21 for information on how to encourage your baby to eat well.

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

- Soft drinks, squashes, fruit juices or cordials.
- Drinks with added caffeine or stimulants.
- Cow's, goat's or sheep's milk as a drink.
- Substitute milks as a drink e.g. Rice 'milk' drink.
- Tea or coffee.
- Alcohol.
- Honey (until 1 year of age).
- Savoury snacks.
- Very high-fibre foods (such as high-bran-type cereals).
- Whole nuts, but can provide smooth nut pastes or butters or ground nuts in cooking.
- Salt or salty foods.
- Sugar or high sugar foods.
- Raw or lightly cooked eggs, meat or fish.
- Shark, marlin or swordfish.
- Unpasteurised or mould ripened cheese.
- 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.

## Encouraging babies to eat well

Beginning solid foods is an exciting time for a baby, as they experience new tastes and textures. Parents and carers need to encourage their infants to learn about food in a relaxed and fun environment. Babies enjoy feeding themselves and have a well-recognised ability to regulate their own appetite. To encourage babies to develop these abilities it is important that parents and carers practise a responsive approach to feeding and are considerate of their babies' needs. Acting as good role models by eating healthy foods is also important encouraging babies to develop good eating habits. The following tips can help in encouraging good eating habits in infancy:

- Look for signs or feeding cues that indicate whether the baby is hungry or full and respond appropriately.
- Encourage infants to feed themselves by offering finger foods on a regular basis (all meals and snacks) or by allowing them to use their own spoon.
- Avoid pressuring or bribing infants to eat.
- Avoid using food as a reward. Instead look to enforce boundaries which encourage good eating behaviour such as sticking to mealtime routines.
- Share meals together as a family as often as possible. Babies learn through observing others and positive role models are key to establishing good eating habits.
- Remember that infants are learning about food and will be playing with their meals, which can often be messy. Try to relax and allow them to explore food at their own pace.

### What is baby-led weaning?

Baby-led weaning is a term used to describe a method of starting solid foods which aims to encourage infants to feed independently by mainly offering finger foods. There is much less of an emphasis on offering spoon fed foods, which may be of a smoother texture.

To only offer finger foods, parents and carers need to ensure they offer a wide range of foods, with no added salt, including protein rich finger foods so infants receive all the nutrients they need.

## From 6 months watch out for the following feeding cues

### Signs that a baby is hungry:

- Grabbing or reaching for food.
- Opening mouth.

### Signs that a baby is full:

- Pushing food away.
- Closing mouth.
- Turning head away.

## Ready-made baby foods vs family foods

From the age of 6 months babies can be offered home-cooked or family foods. There is no need to offer 'special' ready-made baby foods in jars or packets. Many family meals can be adapted to suit the needs of babies. By the age of 1 year babies should be eating the same food as the family.

- Don't add any salt to cooking and encourage the family to add it at the table if required.
- Be aware of foods high in salt and avoid offering these foods to babies. See [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk) for more information.
- Slower cooked meals such as soups or stews are great options for baby friendly family foods.
- Water, milk or sieved tomato can be added to family foods to make softer, mashed textures.
- Traditional family foods that contain chilli and spices are safe to offer to babies. Introduce these flavours to babies slowly so they can get used to them.
- Offering family foods is often the best way of encouraging babies to adopt an adult diet as they will be able to explore a greater variety of tastes and textures. This may prevent fussy eating as they get older.

## Drinks – and how to give them

From 6 months of age, infants should be introduced to drinking from an open top cup or free-flowing 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.

Before 6 months, babies get all the fluid they need from breast milk or infant formula. Baby juices or baby drinks are not recommended.

From 6 months there is no need for drinks other than breast or formula milk and water in the first year. Baby juices or baby drinks are not recommended.

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' drink and drinks with additives should not be given to infants.

## How much milk to give?

From 6 months of age, infants will still be having breast or formula milk as a main drink. Both breastfed and bottle fed babies should continue to be fed on demand. It is difficult to determine how much milk breastfed children will be consuming but bottle fed babies will need at least 600ml (20oz) of infant formula a day. However when infants start solid foods at 6 months, they will probably be having more milk than this. As they begin to increase the amount of solid food they eat, they will naturally reduce the amount of milk they have.

By the age of one year, the aim is for most infants to aim to have three meals a day and two-three small snacks. They can have whole cow's milk as a main drink and will need additional vitamin drops, including vitamins A, C & D. From 12 months of age babies will need at least 350ml (12oz or just over ½ pint) of milk a day to meet their nutritional requirements. If they eat yoghurts or hard cheese (e.g. cheddar, edam, red leicester) they won't need as much milk.



## Example foods

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

## Variety of foods from 6 months

A variety of different foods from 6 months can be offered. At this age babies can have softer mashed foods. If a mother chooses to start with puréed foods at 6 months, move to soft well mashed food quickly.

Foods can be mixed with some expressed breast milk (or infant formula) to thin them or with a small amount of baby rice to thicken. It is good to give a baby different foods and new tastes early on.



White fish



Courgette



Banana



Potato

*In these photos, the whole fruit is shown for illustration only. For babies, it should be given soft or mashed.*

## Meat, fish and eggs

These foods are good choices of foods to introduce from the age of 6 months. Protein foods are a good source of iron and zinc, essential nutrients for good growth and development. Babies are born with a store of iron that will last about 6 months, after which it is important to not delay the introduction of iron rich foods.

Cook and mash these protein foods and a little expressed breast milk or infant formula can be added. Cook eggs until both the yolk and white are solid. Meat and fish should be fully cooked.

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



Egg



White fish



Salmon



Chicken

*In these photos, the whole food is shown for illustration only. The baby should be given soft mashed versions*

## Pulses

These foods are another way to introduce protein from the age of 6 months.

These vegetarian protein foods are a rich source of iron and zinc. Pulses (peas, beans and lentils) are very good foods to offer as they can provide a variety of tastes and textures. These foods can be combined with breast milk or infant formula. Never add salt or sugar when preparing food for babies.



Butter beans



Cannellini beans



Lentils

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

## Fruit and Vegetables

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

A wide variety of fruits and vegetables should be offered. Make sure they are free of seeds, skin, pips or any lumps that a baby could choke on. A simple way to offer these foods is to mash soft fruits and cooked fruits or vegetables with a fork and then mix with a little baby rice made up with breast milk or infant formula. Never add sugar or salt when preparing food for babies.



Butternut squash



Carrot



Raspberry



Strawberry

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

## Vegetables

Make sure a wide variety of vegetable foods are introduced into babies' diets. Brightly coloured vegetables will be attractive to infants and can be offered in lots of combinations with other foods.

There is no need to use expensive vegetables. Any vegetable can be cooked until soft and then mashed. Using vegetables in season, frozen or tinned vegetables and from local sources will be most cost-effective. Use canned vegetables in water with no added salt only.



Avocado



Broccoli

## Fruit

Any type of fruit – canned in fruit juice, frozen or fresh – can be used. 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 baby food.



Mango



Canned peaches

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

## Starchy root vegetables

These foods are good choices of foods to introduce from the age of 6 months. Starchy root vegetables are useful first foods. Cook thoroughly and then mash with a little breast milk or infant formula. Examples of starchy root vegetables are potatoes, sweet potato and yam which can be combined with other foods. Never add salt or sugar when preparing food for babies.



Parsnip



Potato

## Starchy foods - grains

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

Rice, porridge and pasta are examples of starchy foods. Baby rice and porridge can be made up a little at a time with breast milk or infant formula. These starchy foods can be added to, or eaten with, a wide variety of other mashed foods.



Baby rice



Porridge

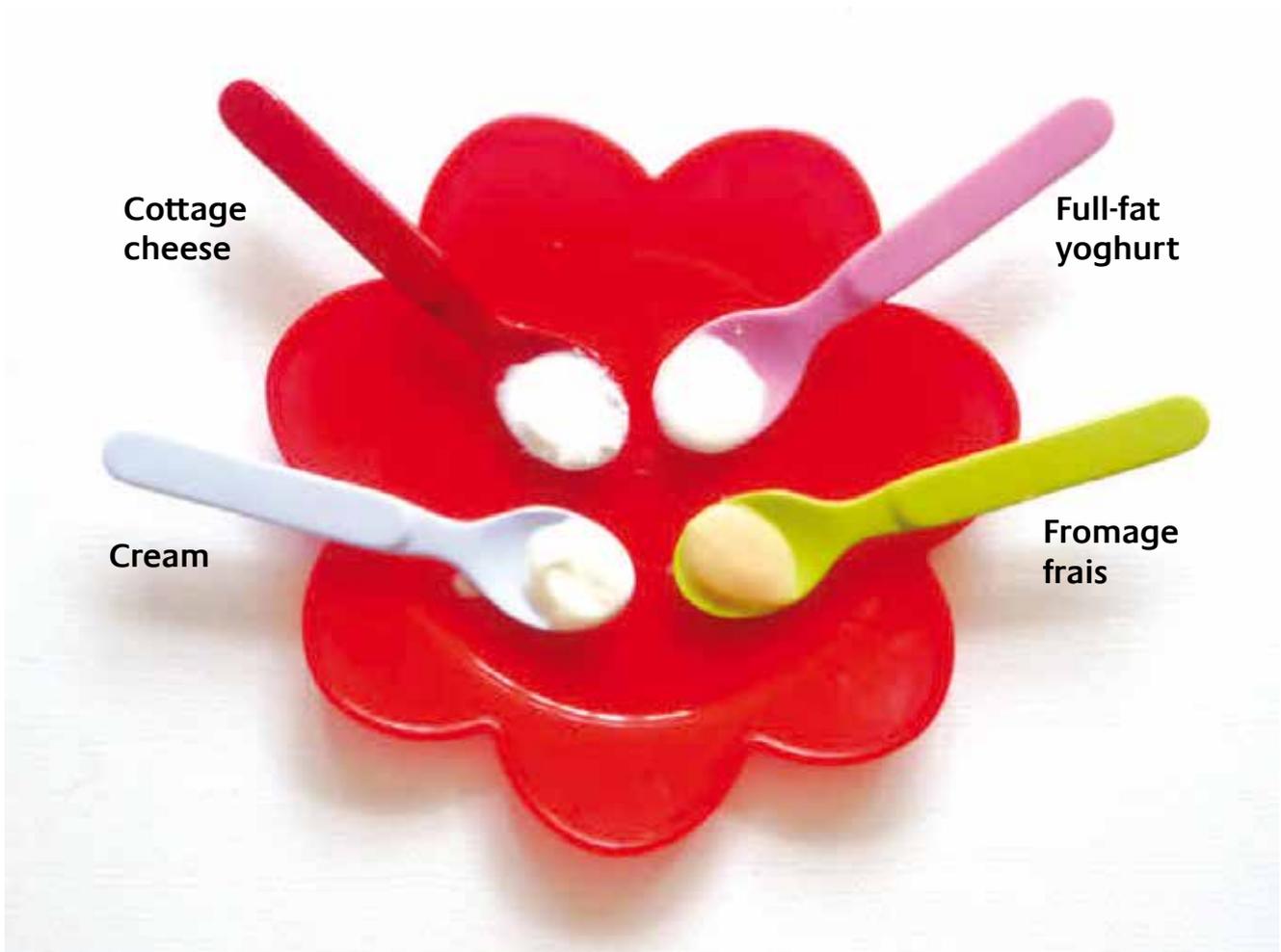
*In these photos, the whole vegetable is shown for illustration only. The baby should be given soft mashed versions.*

## Dairy food products

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

Use full-fat pasteurised versions of dairy products such as cheese and yoghurt. Plain full-fat yoghurt or fromage frais, soft or grated hard cheese can be added to other foods. Add fresh soft or mashed fruit to plain yoghurt or fromage frais rather than using ready-prepared sweetened yoghurt or fromage frais.

## Dairy products







# Finger foods

# Finger foods

**F**inger foods can be offered to babies around 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 better eaters over time and will enjoy the mealtime 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. Older infants will be able to manage harder or raw finger foods. Be led by the baby, offer finger foods appropriate to their skill level and move them on when they have mastered the texture of food offered.

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

Babies should be supervised during mealtimes. Never leave a baby alone when they are eating.

## General finger food advice

- Cut soft foods into manageable-sized pieces.
- In the beginning, choose foods that are easy for babies to hold. Some examples are given on pages 35-38, such as cooked broccoli, carrot or potato.
- Finger foods should not contain any pips, stones, tough skins, stringy bits or bones.
- Always cut up small round fruit and vegetables.
- 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 fresh food served raw is thoroughly washed.
- Aim for a good variety of tastes and textures in finger foods for older infants.
- Serve finger foods with every meal and snack to encourage self-feeding.

Some examples of finger foods are shown in the photos on pages 35-38. All these photos are also on the CD-ROM which accompanies this book.

## Soft finger foods

These foods are softer which may be easier for babies to manage in the beginning.



Banana



Avocado



Cooked carrot



Soft cooked potato



Cheese



Strawberries

## First finger foods

These finger foods have harder textures and may be more challenging to eat.



Broccoli



Courgettes



Cucumber



Bread sticks



Apple



Pear

## First finger foods (continued)



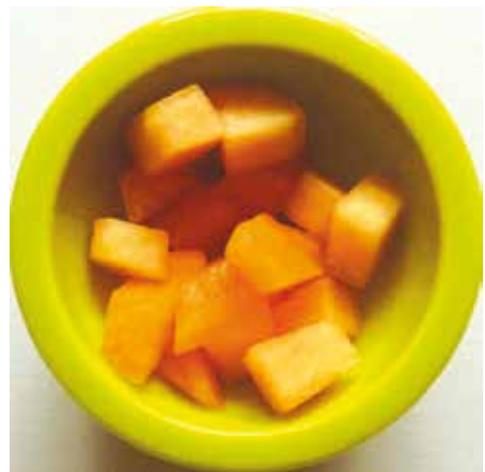
Tomatoes



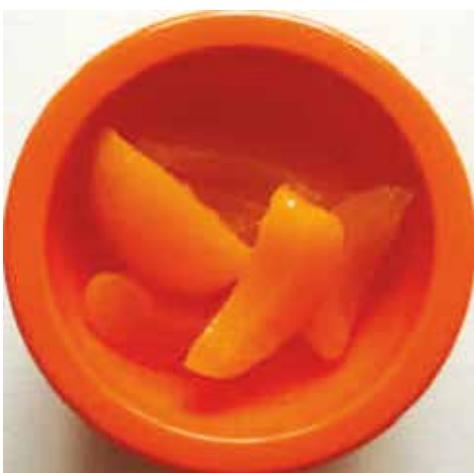
White grapes (peeled)



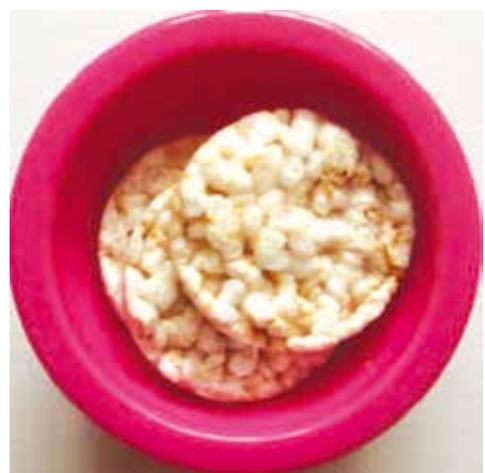
Kiwi



Melon



Canned peach



Rice cakes

## First finger foods (continued)

These finger foods are good sources of iron.



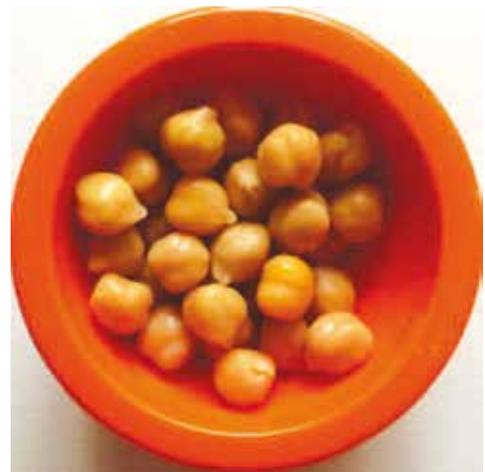
Egg



Butter beans



Chicken



Chickpeas



# 7 to 12 months



# 7 to 12 months

The food photos on pages 46-75 for 7-9 month olds and on pages 80-106 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.

Menus and meals were planned to meet the Committee on Medical Aspects of Food and Nutrition Policy (COMA) report (1992) dietary reference values for energy and nutrient requirements.

Adherence to the Scientific Advisory Commission on Nutrition (SACN) 2011 Dietary Reference Values for Energy was observed as the reference in assessing the menu plans (including milk), though some micronutrients such as iron, calcium and zinc were below the RNI (Reference Nutrient Intake) for the 7-12 months age group.

## How to use the food photos

The food photos illustrate a range of foods which 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.

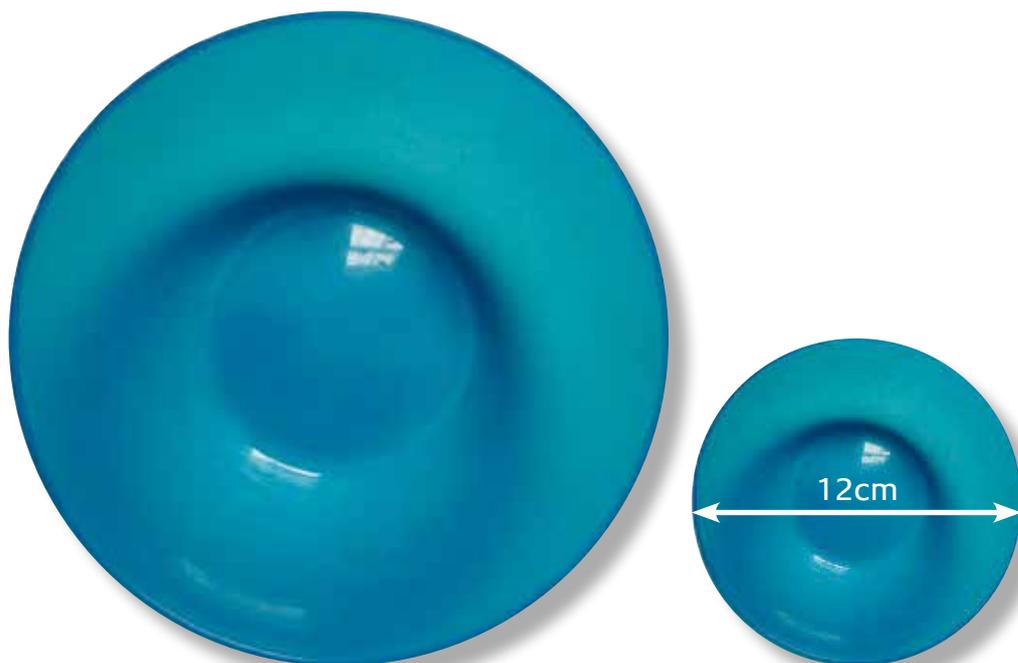
All the food photos in this book are also on the CD-ROM that accompanies this book.

## 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



Large 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 mashed and finger foods. They may be eating one to three meals a day whilst breastfeeding or formula feeding on demand. However, it is important to note that some babies will not be managing this quantity of solid food and will be growing and developing well. The quantity of breast or formula milk a baby has will differ depending on their age and stage of development and will usually be around 600ml a day. Breast fed babies who are fed on demand will be able to regulate milk intake to meet their daily needs.

A 7-9 month old baby might have an eating pattern similar to that 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).

The menu plan on page 46 is designed to meet RNIs for nutrients as set out in the Committee on Medical Aspects of Food and Nutrition Policy (COMA) 1991 Dietary Reference Values for Food Energy and Nutrients for the UK. It should be used as a guide, rather than a prescription for what a child should aim to consume across the day. Each day is comprised of three mealtimes and includes an assumption that the child will be drinking 600ml of breast milk or formula milk (not cow's milk) daily.

A baby can regulate his or her intake of food and milk to satisfy their appetite. Responsive feeding (see page 21 Encouraging babies to eat well) is an appropriate way of helping ensure the baby consumes the amount of food they need.

## What consistency should the food be?

Food for a baby of this age can be mashed into a soft lumpy consistency. Ensure mashed foods offered have an even texture to make it easier for baby to manage. The texture of foods offered during this stage should progressively become lumpier and harder as babies should be managing a more chopped texture of food around 10 months of age.

## 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 mealtimes. 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:

- Cooked protein foods such scrambled egg, or tender pieces of meat or fish (check that there are no bones).
- Cooked vegetables such as carrot, parsnip, broccoli or pumpkin.
- Cooked starchy foods such as potato, sweet potato or pasta pieces.
- Dairy foods such as soft cheese on fingers of toast or grated hard cheese.
- Soft fruit such as melon, ripe pear, kiwi, banana, peach, or canned fruits in juice (drained).

## 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.

Some of the recipes make up more than one portion. Please follow tips on how to store and reheat cooked food.

Tips on storing and re-heating cooked food:

- Freeze home-cooked food in small portions. Don't keep cooked food for longer than 24 hours in a fridge or longer than one month in the freezer.
- Thawed food should not be refrozen.
- Cooked food should not be reheated more than once and should be reheated until piping hot. Allow to cool before serving.
- When reheating food in a microwave, stir thoroughly and allow to cool before serving.

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 111.

## Sample menu for 7-9 month olds

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<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>Wholewheat cereal bisquits 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 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>
Lunch	<p>Butter bean and vegetable stew 100g</p> <p>Finger food: soft-cooked potato 20g</p> <p>Rice pudding 50g with mashed strawberry 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 foods: 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>
Tea	<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 pieces 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>
Before bed	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

Each meal illustration includes a cup of milk, which represents the breast or formula milk a baby will continue to consume. In this age group, milk will make the largest contribution to a baby's overall nutritional needs, but this will change as food intake increases – a baby will drink less milk when he or she begins to eat more solids.

The CD-ROM included with this book contains photos of all the following dishes, with suggested portion sizes and recipes – as shown on pages 46-73.

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.org.uk](http://www.cwt.org.uk)



### Breakfasts

- Baby rice, banana and kiwi chunks.
- Porridge, chopped raisins and pear.
- Wholewheat cereal biscuits and banana.
- Boiled egg and baked beans.
- Pear and prune compôte and yoghurt with cream cheese on toast.
- Porridge with dried apricot purée and banana.
- Scrambled egg and cream cheese 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, 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 mashed strawberry.
- 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.



BREAKFAST **Baby rice, banana and kiwi chunks**



BREAKFAST **Baby rice, banana and kiwi chunks**

**7-9 month olds**

Suggested portion sizes	7-9 month olds As shown in the photo	
Baby rice made with full-fat milk	115g	
Banana	30g	
Kiwi chunks	20g	
Breast feed or infant formula	150ml	
<p style="text-align: center;">▲ These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

BREAKFAST **Porridge, chopped raisins and pear**



BREAKFAST **Porridge, chopped raisins and pear**

**7-9 month olds**

Suggested portion sizes	7-9 month olds As shown in the photo	
Porridge made with full-fat milk	115g	
Chopped raisins	10g	
Pear	20g	
Breast feed or infant formula	150ml	
<p style="text-align: center;">▲ These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

BREAKFAST **Wholewheat cereal biscuits and banana**

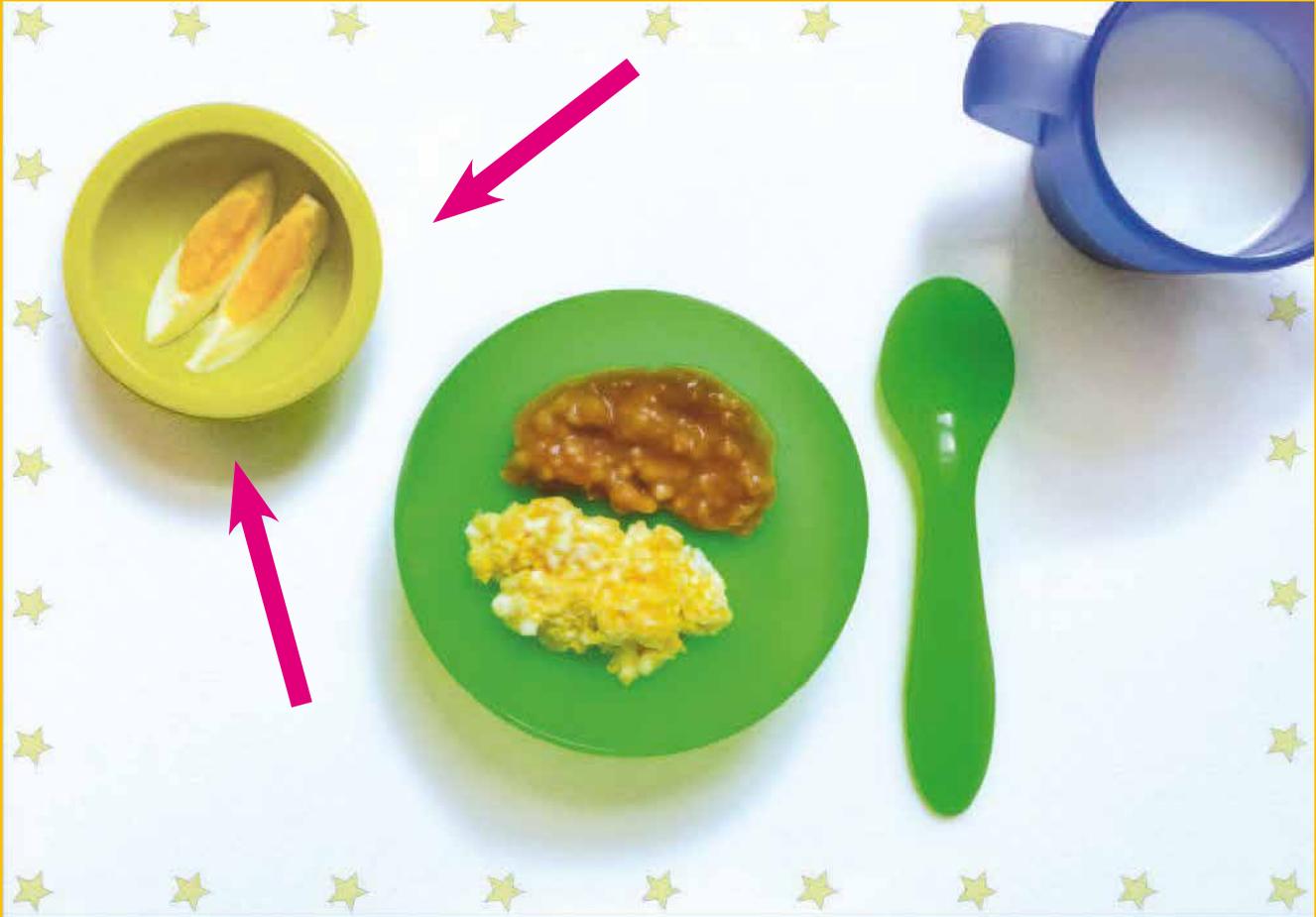


BREAKFAST **Wholewheat cereal biscuits and banana**

**7-9 month olds**

Suggested portion sizes	7-9 month olds As shown in the photo		
	Wholewheat cereal biscuits	15g	
	mashed with full-fat milk	100ml	
	Banana	20g	
	Breast feed or infant formula	150ml	
<p style="text-align: center;">▲</p> <p style="text-align: center;">These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>			

BREAKFAST **Boiled egg, baked beans and sliced egg**



BREAKFAST **Boiled egg and baked beans**

**7-9 month olds**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b> As shown in the photo	
Mashed boiled egg	35g	
Mashed low-salt, low-sugar baked beans	40g	
<b>Sliced egg</b>	<b>20g</b>	
Breast feed or infant formula	150ml	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

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



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

**7-9 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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.

**BREAKFAST Porridge with dried apricot purée and banana**



**BREAKFAST Porridge with dried apricot purée and banana**

**7-9 month olds**

<b>Suggested portion sizes</b>	<p><b>7-9 month olds</b> As shown in the photo</p> 
Porridge made with full-fat milk	100g
Dried apricot purée	20g
Sliced banana	20g
Breast feed or infant formula	150ml
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>	

**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.

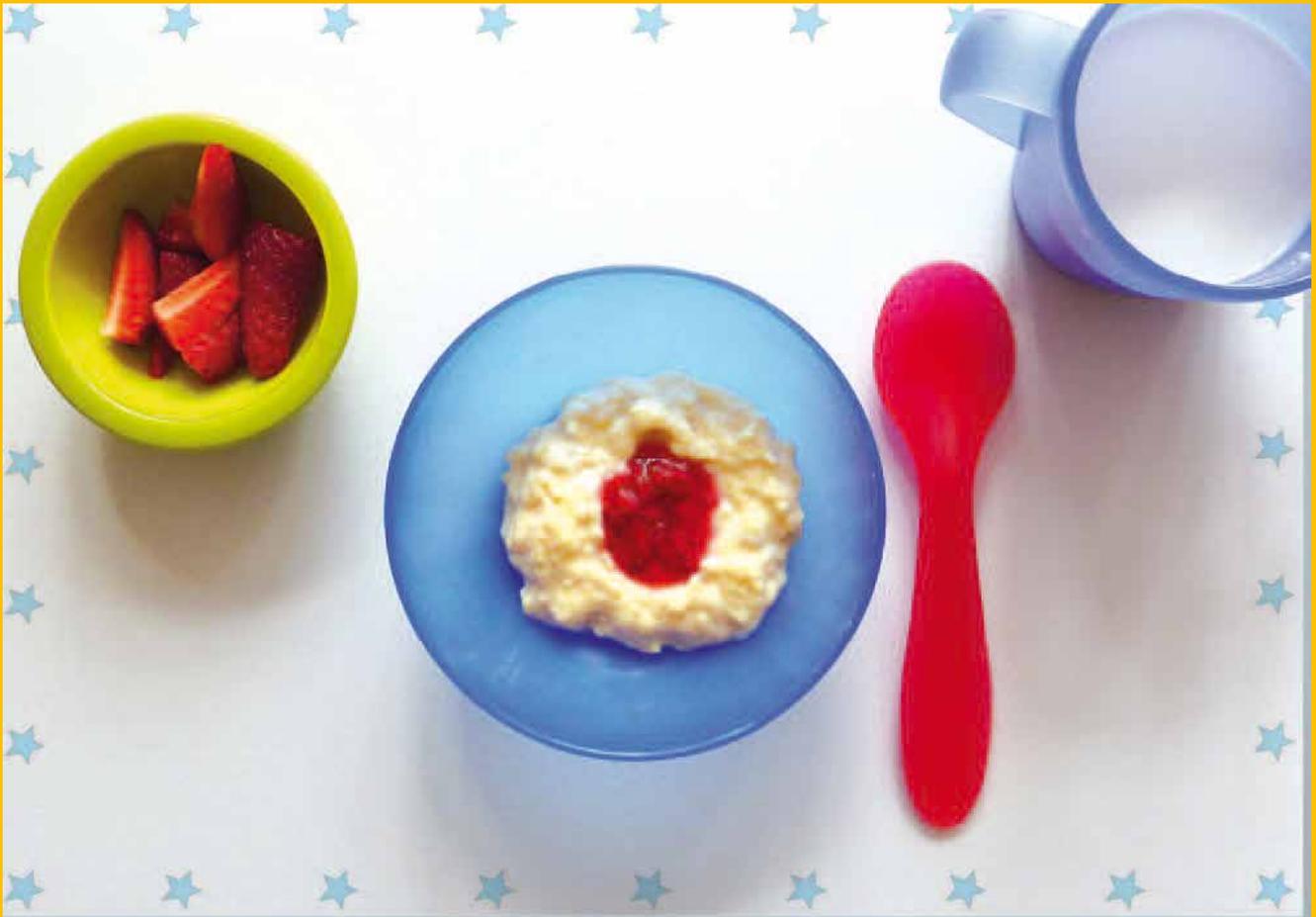
**Dried apricot purée**

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.

BREAKFAST **Scrambled egg, cream cheese and strawberries**



BREAKFAST **Scrambled egg, cream cheese and strawberries**

**7-9 month olds**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b>	
	As shown in the photo	
Scrambled egg	50g	
Cream cheese	20g	
Strawberry coulis	10g	
Strawberries	20g	
Breast feed or infant formula	150ml	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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 coulis**

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 coulis.

LUNCH

### Butter bean and vegetable stew with potato pieces



LUNCH

### Butter bean and vegetable stew with potato pieces

7-9 month olds

Suggested portion sizes	7-9 month olds	
	As shown in the photo	
Butter bean and vegetable stew	100g	
Potato pieces	20g	
Breast feed or infant formula	150ml	
<p>▲</p> <p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

#### 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 peppers, 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.

LUNCH

**Pasta with lamb and tomato sauce and carrot**



LUNCH

**Pasta with lamb and tomato sauce and carrot**

**7-9 month olds**

<b>Suggested portion sizes</b>	<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
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b> As shown in the photo	
Mashed potato with butter and milk	50g	
Flaked salmon	30g	
Cooked broccoli	20g	
Breast feed or infant formula	150ml	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

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

LUNCH

**Rice with lentil and tomato sauce and pasta pieces**



LUNCH

**Rice with lentil and tomato sauce and pasta pieces**

**7-9 month olds**

<b>Suggested portion sizes</b>	<p><b>7-9 month olds</b> As shown in the photo</p> 
Cooked rice	40g
Lentil and tomato sauce	40g
Pasta pieces	20g
Breast feed or infant formula	150ml
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>	

**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.

LUNCH

**Chicken, leeks and carrots, with soft-cooked potato**



LUNCH

**Chicken, leeks and carrots, with soft-cooked potato**

**7-9 month olds**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b>	
	As shown in the photo	
Chicken, leeks and carrots	100g	
Potato	20g	
Breast feed or infant formula	150ml	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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. Combine the mixture with the crème fraîche before serving.

LUNCH

**Pork with apple, parsnip and swede and carrots**



LUNCH

**Pork with apple, parsnip and swede and carrots**

**7-9 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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. Mash with the cooking liquid until mostly smooth, with some soft lumps.

LUNCH

Poached haddock, spinach and sweet potato, with broccoli



LUNCH

Poached haddock, spinach and sweet potato, with broccoli **7-9 month olds**

Suggested portion sizes	<b>7-9 month olds</b> As shown in the photo 	
	Poached haddock, spinach & 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.

TEA **Tomato rice with chicken and mange tout**



TEA **Tomato rice with chicken and mange tout**

**7-9 month olds**

<b>Suggested portion sizes</b>	<p><b>7-9 month olds</b> As shown in the photo</p> 
Tomato rice with chicken	100g
Steamed mange tout	20g
Breast feed or infant formula	150ml
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>	

**Tomato rice with chicken**

This recipe makes 12 portions of about 80g.

- 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.

TEA Scrambled egg, tomatoes and green beans



TEA Scrambled egg, tomatoes and green beans

7-9 month olds

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	
<p style="text-align: center;">These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

TEA Sweet potato, avocado and pasta



TEA Sweet potato, avocado and pasta

7-9 month olds

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.		

TEA **Cheesy leeks and potato, with red pepper**



TEA **Cheesy leeks and potato, with red pepper**

**7-9 month olds**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b> 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 80g.

- 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.

TEA **Butternut squash risotto, with cucumber fingers**



TEA **Butternut squash risotto with cucumber fingers**

**7-9 month olds**

<b>Suggested portion sizes</b>	<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.

TEA **Minestrone soup, with pasta shapes and cheese**



TEA **Minestrone soup, with pasta shapes and cheese**

**7-9 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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.

TEA Spinach, rice and red pepper dahl, with avocado



TEA Spinach, rice and red pepper dahl, with avocado

7-9 month olds

Suggested portion sizes	7-9 month olds	
	As shown in the photo	
Spinach, rice and red pepper dahl	80g	
Avocado slices	20g	
Breast feed or infant formula	150ml	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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
5. Add the remaining red pepper to garnish.

DESSERT

### Rice pudding with strawberry coulis



DESSERT

### Rice pudding with mashed strawberry

7-9 month olds

Suggested portion sizes	7-9 month olds As shown in the photo	
	Rice pudding	50g
Mashed strawberry	100g	
 <p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

#### Rice pudding

See recipe on page 75.

#### Mashed strawberry

This recipe makes 12 portions of about 10g.

200g strawberries

1. Wash and hull the strawberries and mash on a plate.

DESSERT **Mandarins and fromage frais**



DESSERT **Mandarins and fromage frais**

7-9 month olds

Suggested portion sizes	<b>7-9 month olds</b> As shown in the photo	
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.		

DESSERT **Yoghurt with raspberries**



DESSERT **Yoghurt with raspberries**

**7-9 month olds**

Suggested portion sizes	<b>7-9 month olds</b> As shown in the photo	
Full-fat yoghurt	50g	
Raspberries	20g	
<p style="text-align: center;">These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

DESSERT **Stewed apple and custard**



DESSERT **Stewed apple and custard**

7-9 month olds

Suggested portion sizes	7-9 month olds As shown in the photo	
	Stewed apple	30g
Custard	30g	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**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.

DESSERT **Yoghurt and kiwi fruit**



DESSERT **Yoghurt and kiwi fruit**

7-9 month olds

<b>Suggested portion sizes</b>	<b>7-9 month olds</b> As shown in the photo	
Full-fat yoghurt	50g	
Kiwi fruit	20g	
These portion sizes are based on the nutritional needs of a typical 7-9 month old.		

DESSERT **Semolina and mashed blackberries**



DESSERT **Semolina and mashed blackberries**

**7-9 month olds**

<b>Suggested portion sizes</b>	<b>7-9 month olds</b> As shown in the photo	
	Semolina	60g
Mashed blackberries	20g	
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>		

**Stewed apple**

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.



<p><b>Suggested portion sizes</b></p>	<p><b>7-9 month olds</b> As shown in the photo</p> 
<p>Rice pudding</p>	<p>50g</p>
<p>Dried apricot coulis</p>	<p>20g</p>
<p>These portion sizes are based on the nutritional needs of a typical 7-9 month old.</p>	

**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 coulis**

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.



# 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 two meals a day and aiming for three meals a day by 12 months of age. The quantity of breast or formula milk a baby has will differ depending on their age and stage of development and will usually be around 400ml a day. Breastfed babies who are fed on demand will be able to regulate milk intake to meet their daily needs. 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 so no need to know the quantity.</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)

The menu plan on page 80 is designed to meet RNIs for nutrients as set out in the Committee on Medical Aspects of Food and Nutrition Policy (COMA) 1991 Dietary Reference Values for Food Energy and Nutrients for the UK. It should be used as a guide, rather than a prescription for what a child should aim to consume across the day. Each day is comprised of three mealtimes and includes an assumption that the child will be drinking 400ml of breast milk or formula milk (not cow's milk) daily.

A baby can regulate his or her intake of food and milk to satisfy their appetite. Responsive feeding (see page 21 Encouraging babies to eat well) is an appropriate way of helping ensure a baby consumes the amount of food they need.

## 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:

- Cooked protein foods such as slices of hard-boiled egg, or tender pieces of meat or fish. Check that there are no bones.
- Dairy foods such as soft cheese on fingers of toast, fingers of hard cheese.
- 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 celery sticks.
- Starchy foods such as breadsticks, rice cakes, bread crusts, pitta bread strips, toast, potato or pasta.

## 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 80-106.

For more advice on how to help babies of this age to eat well, see the *Resources* section on page 111.

## Sample menu for 10-12 montholds

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	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	Wholewheat cereal biscuits 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
Lunch	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 mashed strawberry 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	Chickpea 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  Custard 40g  Raspberries 30g  Water in a cup
Tea	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  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
Before bed	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

Each meal illustration includes a cup of milk, which represents the breast or formula milk a baby will continue to consume. In this age group, solid foods make a large contribution to a baby's overall nutritional needs as milk (breast milk, formula milk) intake continues to decrease. Other dairy foods should continue to be consumed daily to ensure that calcium needs are met.

The CD-ROM included with this book contains photos of all the following dishes, with suggested portion sizes and recipes – as shown on pages 80-106. 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.org.uk](http://www.cwt.org.uk)



### Breakfasts

Porridge with dried apricots and apple slices.

Baby muesli with yoghurt and raisins and blueberries.

Omelette with canned tomatoes and satsuma.

Wholewheat cereal 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.

Chickpea and butternut squash risotto with roasted red pepper.

### 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.

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



### Desserts

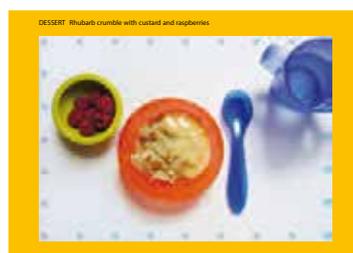
Mango fool with mango slices.

Canned pear with custard and mandarin oranges.

Fromage frais with grapes.

Fromage frais with melon.

Cottage cheese and fruit platter.



BREAKFAST **Porridge with dried apricots and apple slices**



BREAKFAST **Porridge with dried apricots and apple slices**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

BREAKFAST **Baby muesli with yoghurt, raisins and blueberries**



BREAKFAST **Baby muesli with yoghurt, raisins and blueberries**

**10-12 month olds**

Suggested portion sizes	<b>10-12 month olds</b> As shown in the photo 
Baby muesli with full fat milk	120g 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.	

BREAKFAST **Omelette with canned tomatoes and satsuma**



BREAKFAST **Omelette with canned tomatoes and satsuma**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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.		

BREAKFAST **Wholewheat cereal biscuits with mandarins and banana**



BREAKFAST **Wholewheat cereal biscuits with mandarins and banana**

**10-12 month olds**

Suggested portion sizes	<p><b>10-12 month olds</b> As shown in the photo</p> 	
Wholewheat cereal biscuits with full fat milk	20g	100ml
Mandarin segments	30g	
Banana	30g	
Breast feed or infant formula in a cup	100ml	
<p style="text-align: center;">▲ These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

BREAKFAST **Eggy bread shapes and peaches**



BREAKFAST **Eggy bread shapes and peaches**

10-12 month olds

Suggested portion sizes	<b>10-12 month olds</b> As shown in the photo	
Eggy bread shapes	20g	
Peach 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.		

**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.

BREAKFAST **Puffed wheat and soft dried prunes**



BREAKFAST **Puffed wheat and soft dried prunes**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p style="text-align: center;">▲</p> <p style="text-align: center;">These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

BREAKFAST **Mini blueberry pancakes and banana**



BREAKFAST **Mini blueberry pancakes and banana**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

LUNCH

### Chicken casserole and broccoli



LUNCH

### Chicken casserole and broccoli

10-12 month olds

<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
	Chicken casserole	120g
	Cooked broccoli	30g
	Water in a cup	
 <p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

#### Chicken casserole

This recipe makes 12 portions of about 102g.

- 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.



<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
	Fish pie	100g
	Carrot sticks	30g
	Water in a cup	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

LUNCH

### Rice and red lentils with pitta bread



LUNCH

### Rice and red lentils with pitta bread

10-12 month olds

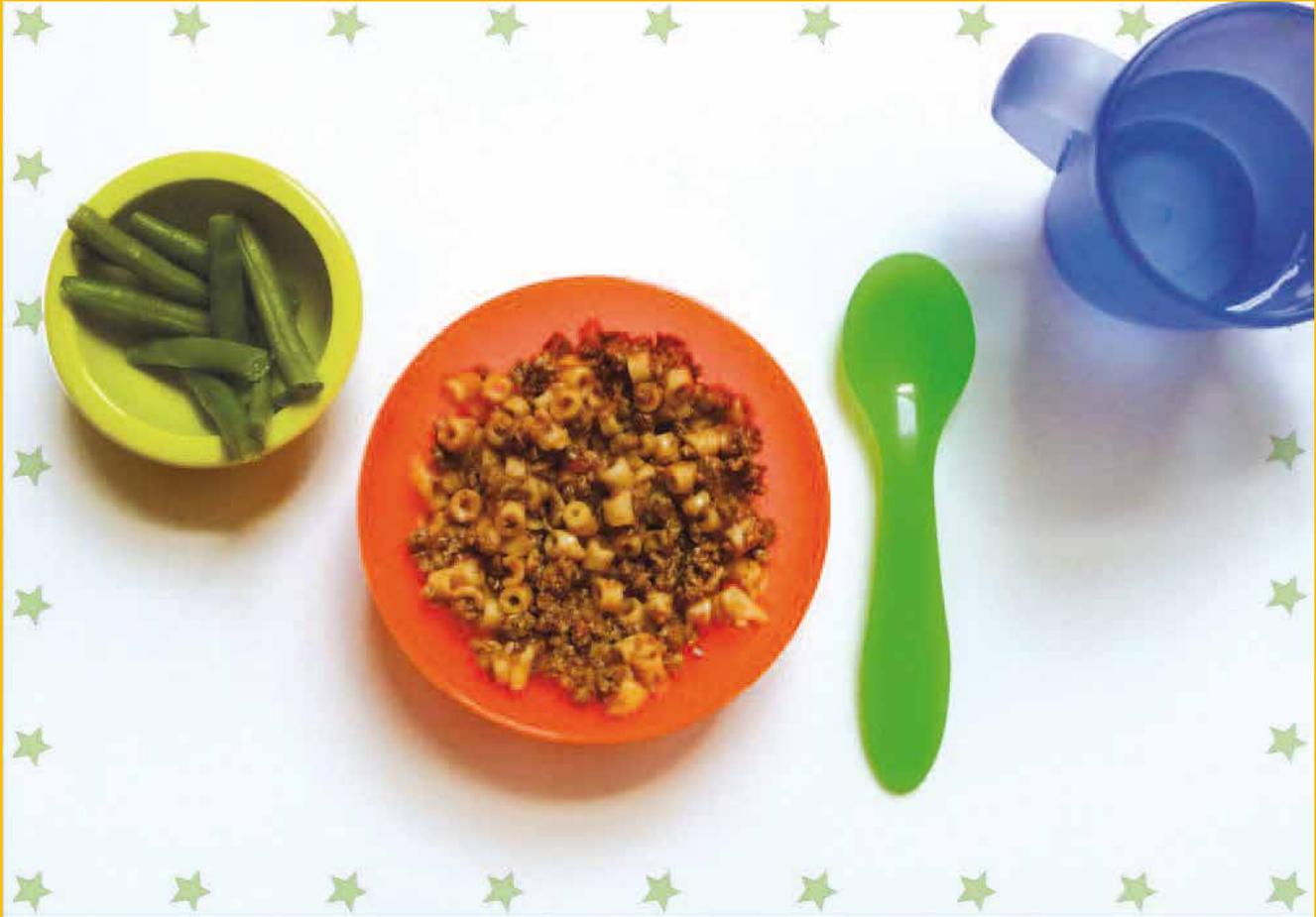
Suggested portion sizes	10-12 month olds As shown in the photo	
	Rice and red lentils	120g
Pitta bread strips	30g	
Water in a cup		
 <p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

#### 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.



<p><b>Suggested portion sizes</b></p>	<p><b>10-12 month olds</b> As shown in the photo</p> 	
<p>Pasta with Bolognese sauce</p>	<p>120g</p>	
<p>Green beans</p>	<p>30g</p>	
<p>Water in a cup</p>		
<p style="text-align: center;">▲ These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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 then add the mince. Cook until the mince releases fat 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	10-12 month olds As shown in the photo	
	Lamb and pumpkin stew	120g
	Roasted yam fingers	40g
	Water in a cup	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

**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 / 356°F / gas mark 4 for about 20 minutes until soft.



<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
Chickpea 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.		

**Chickpea 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 chickpeas 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 chickpeas 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.

LUNCH

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



LUNCH

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

10-12 month olds

Suggested portion sizes	10-12 month olds	
	As shown in the photo	
Poached mackerel	40g	
Potato, pea and cauliflower mash	80g	
Apple	30g	
Water in a cup		
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

#### 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.

TEA **Vegetable couscous with cucumber**



TEA **Vegetable couscous with cucumber**

**10-12 month olds**

<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
Vegetable couscous	100g	
Cucumber sticks	30g	
Breast feed or infant formula in a cup	100ml	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

TEA **Baked potato with tomato sauce and hard-boiled egg**



TEA **Baked potato with tomato sauce and hard-boiled egg**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

TEA **Sweet potato and red pepper stew with rice cakes**



TEA **Sweet potato and red pepper stew with rice cakes**

**10-12 month olds**

<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
Sweet potato and red pepper stew	100g	
Rice cakes	10g	
Breast feed or infant formula in a cup	100ml	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

TEA **Creamy pea risotto with sugar snap peas and red pepper**



TEA **Creamy pea risotto with sugar snap peas and red pepper**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

TEA **Macaroni cheese with tomato and broccoli**



TEA **Macaroni cheese with tomato and broccoli**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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 sprinkle the remaining cheese on top before serving.

TEA **Peanut butter and banana sandwiches, with strawberries**



TEA **Peanut butter and banana sandwiches, with strawberries**

**10-12 month olds**

<b>Suggested portion sizes</b>	<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	
<p>These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		

**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.

TEA **Butter beans in tomato sauce, with yellow peppers**



TEA **Butter beans in tomato sauce, with yellow peppers**

10-12 month olds

<b>Suggested portion sizes</b>	<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.

DESSERT **Mango fool with mango slices**



DESSERT **Mango fool with mango slices**

10-12 month olds

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.

DESSERT

### Canned pear with custard and mandarin oranges



DESSERT

### Canned pear with custard and mandarin oranges

10-12 month olds

<b>Suggested portion sizes</b>	<b>10-12 month olds</b> As shown in the photo	
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.		

DESSERT **Fromage frais with grapes**



DESSERT **Fromage frais with grapes**

10-12 month olds

<b>Suggested portion sizes</b>	<b>10-12 month olds</b> 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.		

DESSERT **Fromage frais with melon**



DESSERT **Fromage frais with melon**

10-12 month olds

Suggested portion sizes	<p><b>10-12 month olds</b> As shown in the photo</p> 	
Fromage frais	60g	
Sliced and chopped melon	40g	
<p style="text-align: center;">▲ These portion sizes are based on the nutritional needs of a typical 10-12 month old.</p>		





# 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 pepper mango cantaloupe melon dried apricot	nectarine peach blackcurrants fresh or canned apricot watercress tomatoes cabbage (dark) broccoli brussel sprouts runner beans broad beans vegetable fat spread butter cheese kidney	salmon herrings eggs honeydew melon prunes orange sweetcorn peas full-fat milk
<b>VITAMIN C</b>	blackcurrent orange (and orange juice) strawberries spring greens green and red pepper (raw)	broccoli cabbage cauliflower spinach tomatoes brussel sprouts watercress kiwi fruit mango grapefruit	potatoes green beans peas satsuma eating apple nectarine peach 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 wholewheet cereal bisquits beef lamb sardines pilchards soya beans chickpeas lentils spinach broccoli spring greens dried apricots raisins	white bread baked beans borad beans black-eyed peas blackcurrants salmon tuna herrings chicken and other poultry egg tofu

	<b>EXCELLENT</b>	<b>GOOD</b>	<b>USEFUL</b>
<b>ZINC</b>	liver* kidney lean meat	poultry sardines tofu puffed wheat wholewheat cereal bisquits 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.



See Start4Life for a list of organisations that provide a range of information, support and resources on infant feeding. The website can be accessed [here](#)

For information about photo resources for children aged 1-4 years, 5-11 years and 12-18 years, see [www.cwt.org.uk](http://www.cwt.org.uk).

## UNICEF Baby Friendly Breastfeeding

For more information on the Baby Friendly UK initiative, [click here](#)

## Healthy Start

For information on the Healthy Start scheme, see:

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

## NHS Health Scotland/ Scottish Government publications

Scotland has introduced nutritional guidance and food standards for Early Years childcare providers:

*Setting the Table: Nutritional Guidance and Food Standards for Early Years Childcare providers in Scotland.*

This resource provides guidance on menu planning and practical activities to support uptake of healthy choices as well as highlight the role of food in learning and social development in young children. Available to download from [here](#)

## Public Health Agency (Northern Ireland) publications

A number of publications on weaning and breastfeeding for mothers and employers can be downloaded from:

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

## Publications from the Welsh Government

The following publications can be downloaded from [here](#)

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

*Food and Health Guidelines for Early Years and Childcare Settings*

## Publications from the British Dietetic Association Paediatric Group

[www.bda.uk.com](http://www.bda.uk.com) for food facts and leaflets such as 'Weaning' and 'After Milk – What's Next?'

## First Steps Nutrition Trust

For further up-to-date information on maternal and infant diets.

[www.firststepsnutrition.org](http://www.firststepsnutrition.org)

## 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

*Stress-free Weaning*  
Judy More  
Teach Yourself General, Hodder  
Education, London

*Finger Food for Babies and Toddlers*  
Jennie Maizels Vermilion  
ISBN 0091889510

## 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.

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

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







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