

BABY FOOD GUIDELINE

SHEKNOWS AUSTRALIA



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



Feeding Solids Guide

L Cohen



Feeding Solids Guide:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Feeding Solids Guide**

In some sort of inundated with displays and the cacophony of fast communication, the profound power and psychological resonance of verbal beauty frequently disappear into obscurity, eclipsed by the regular barrage of noise and distractions. However, located within the lyrical pages of **Feeding Solids Guide**, a fascinating function of literary elegance that pulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus books visitors on an emotional odyssey, softly exposing the latent potential and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect their charming writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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