

Crossing the Weaning Line

Tips and Recipes to guide you through baby weaning.



INTRODUCING YOUR BABY TO NEW FOODS

Learn when, how and what foods to give to your baby, from HappyFamily

BABY WEANING TIPS BY OUR IN-HOUSE NUTRITIONIST

Vitakids' In-house Nutritionist who have proper training in infant nutrition shares her expert's ideas about weaning.

HEALTHY AND EASY TO PREPARE BABY WEANING FOOD RECIPES

Simple and easy to prepare nutritious baby weaning recipes brought to you by Organix

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Learn when, how and what foods to give to your baby, from HappyFamily

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**breastmilk is the
most ideal form
of nutrition from
newborn until 6
months of age.**



FEEDING YOUR BABY!

For newborn until 6 months of age, breast milk is the most ideal form of nutrition. According to World Health Organization "Infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health." (1)

As the baby's needs continue to grow, baby weaning foods should be introduced by the age of 6 months. Although, not all babies follow the same time table. To know whether your baby is ready for solid foods or not, check some of the developmental cues your baby is showing.

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breastfed for the first 6
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and health."
-W.H.O.**

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Signs of Developmental Readiness for Solid Foods

- ★ Able to hold head up and maintain a steady upright position, which is important for spoon-feeding.
- ★ Sits well when supported.
- ★ Makes chewing motion and is able to move food from front to back of mouth to swallow.
- ★ Interest in food, perhaps eyeing your food or reaching out for it.
- ★ Cries for feeds before usual time, which is a sign of hunger.

[click here to learn more.](#)



Important Note:



It is not recommended to give water to babies below 6 months of age due to their small stomach and their kidneys are not fully developed yet.

You may start introducing a small amount of water by the 6th month. Only about ½ cup is recommended per day, increasing if needed to up to 1 cup per day as the baby gets closer to 12 months.

Baby's First Foods

List of suitable foods for baby by age group.

Age & Stage	Grains/ Ceereals	Fruits	Vegetables	Protein Foods
6 months Start with pureed, strained, easy-to-swallow foods	Amaranth Barley (cereal or pureed) Oatmeal Quinoa Rice (cereal or pureed)	Pureed or well- mashed: Apples apricots Bananas Peaches Pears Plums	Pureed or well- mashed: Avocado Green Beans Peas Summer Squash Sweet Potatoes Winter Squash	Pureed and strained meats
7-9 months Add more texture progressing to coarsely mashed or finely chopped foods	Bits of soft bread Lumpier oatmeal, other hot cereal Cooked Pasta	Coarsely mashed: Mango Papaya Pineapple	Coarsely mashed: Asparagus Beets Broccoli Cauliflower Cucumber Spinach	Egg yolk Mashed beans Mashed Lentils Mashed or finely ground beef, chicken, lamb, pork or turkey Yogurt (plain whole-milk)
8-12 months When ready, add more finger foods	Bits of soft bread Lumpier oatmeal, other hot cereal Cooked Pasta	Small pieces of soft peeled fruit Pineapple	Small pieces of cooked or soft peeled vegetables	Cottage cheese and other mild cheeses Fish Small pieces of cooked beans and meats Tofu



What are the foods and drinks you should **NOT** give to your baby?



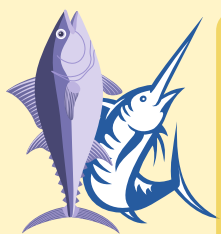
Foods and drinks to avoid when weaning a baby:

SUGAR, SALT, AND SEASONINGS



Babies should learn to appreciate the natural flavours of their food. Adding seasonings to their meals is not recommended. Salt, in particular babies, should not consume much of it as it may harm their kidneys. Avoid salty foods at all cost.

LARGER AND LONGER-LIVED FISH



Overall these fish contains high levels of mercury: shark, swordfish, marlin, tuna, king mackerel, orange roughy, yellowback seabream, and dash-and-dot goatfish. The level of mercury in these fish can affect the development of a baby's nervous system.

UNPASTEURIZED CHEESE



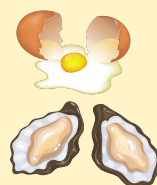
There are a lot of cheeses that are made of unpasteurized milk and it is best to avoid them. Unpasteurized cheeses have a higher chance of carrying pathogenic bacteria like listeria. Also, mould-ripened soft cheeses should also be avoided.

SUGARY AND CAFFEINATED DRINKS



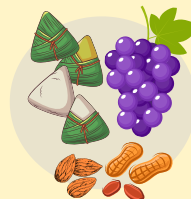
Babies only need to drink water and milk. While sugary drinks can cause tooth decay, caffeinated drinks are just unsuitable for them. So it is best to avoid sugary drinks, fizzy drinks, fruit juice, flavored milk, diet or reduced sugar drinks, bubble tea, regular tea, and coffee.

RAW EGGS AND SHELLFISH



Raw or lightly cooked eggs, shellfish, such as mussels, clams, and oysters, can increase the risk of food poisoning, so it's best not to give it to babies.

FOODS THAT MAY CAUSE CHOKING



It takes time for babies to learn how to chew and swallow their food. Small and hard pieces of food items such as nuts, peanuts, uncooked, crunchy, and hard vegetables, glutinous rice, and fish with bones in it. You can give all of these foods to your baby as long as they are cooked, softened or in a puree form.

[click here to learn more.](#)



Important Note:

Any type of honey (on it's own or as a part of the ingredients of manufactured foods) should also not be given to infants until they are over 1 year old. Babies digestive system is not yet fully developed to digest the bacteria found in honey. Consuming honey under 1 year of age could lead to infant botulism.



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Try not to worry, whether you're following baby led weaning over traditional spoon-feeding methods, or a combination of the two, there is no right or wrong way to do baby weaning. The main thing is your baby eats a wide variety of food and learns to enjoy the start of a journey that will last the whole of their lives!

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Baby Weaning Tips by Se Xian Tan, one of the Vitakids In-house Nutritionists

**Introduce veggies,
fruits & wholegrain as
single ingredient or
combination**

**Help the baby to accept
food varieties by not
adding any seasonings in
the food and just letting
them experience the
food's real taste like plain
carrot & green veggies**

**Keep trying. Sometimes
it can take more than
10 attempts before the
baby is willing to put
new food or texture in
their mouth**

**All food has to be fully
cooked, e.g., steamed,
sauteed, or roasted
before feeding the baby.**

**"I am done" Sign when
baby is full: Not
attentive to food, close
their mouth, push away
food, start to fuss or
play around**

**"Feed me food" Sign when
baby is hungry: Open
mouth when food
approach, lean towards
the food, reach for the
food, grab the spoon**

stay tuned! Se Xian will give more of her expert advice about Baby weaning in our upcoming activities! Learn more from her and our other In-house Nutritionists in our Social Media accounts! Follow Us!

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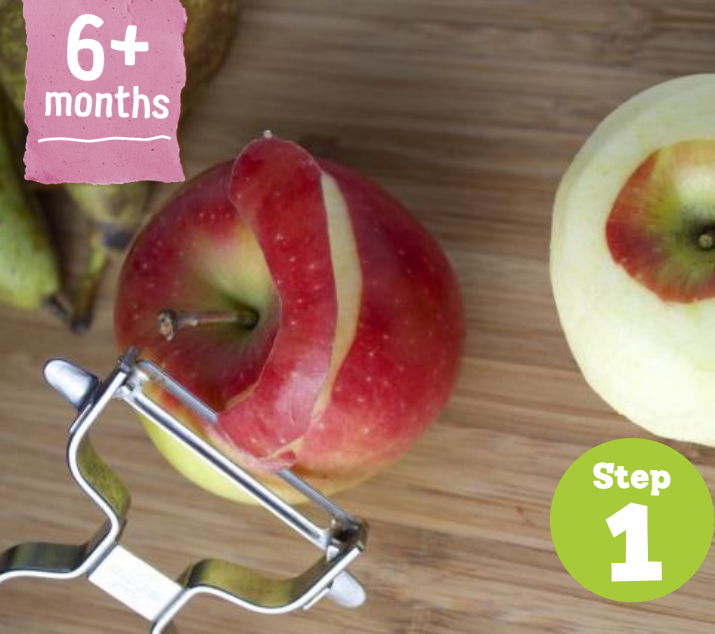


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6+
months



Simple Apple & Pear Puree for Baby

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🕒 10-30mins



Lots - perfect for freezing

Ingredients

2 pears (about 160g prepared weight)

2 apples (about 150g prepared weight)

Method

Step 1: Peel, de-seed and chop the fruit into 2cm chunks.

Step 2: Place in a small saucepan with 8 tbsp. cold water and simmer with the lid on for about 7 minutes until the fruit is tender and a knife passes through it easily.

Step 3: Allow to cool for 5 minutes then puree with a stick blender until smooth.



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Step
1

Root Vegetable Puree

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10-30mins



10-12 servings

Ingredients

1 medium potato
100g butternut squash
50g sweetcorn kernels

1 medium parsnip
A little water (if needed)

Method

Step 1: Peel and dice the potato, butternut squash and top and tail the parsnip, then peel and dice.



Step
2

Step 2: Steam the root vegetables over boiling water for 10 minutes. Add the sweetcorn to the steamer and steam for a further 5 minutes until soft. If you don't have a steamer, put the root vegetables in a pan and cover with water. Bring to the boil and simmer for approx. 10 minutes until soft, then add the sweetcorn kernels to the pan and cook for another 5 minutes.



Step
3

Step 3: Take off the heat and puree with some of the water (if needed) until smooth. For an even smoother texture, push the puree through a fine sieve, and for older babies mash with a fork for a different and more challenging texture.

Click here for more recipes

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10+
months



Step
1

“

Yogurt is a great source of probiotics, protein and contains less lactose than whole milk. Yougurt helps to make small tummy happy!

”



Step
2



Kiwi & Yogurt Puree

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🕒 Under 10 mins 🍲 Serves 1-2

Ingredients

1 ripe kiwi
4 tbsp natural Greek yogurt

Method

Step 1: Peel the kiwi, then cut into super tiny bite size pieces – suitable for the age of your little one (or you could mash with a fork).

Step 2: Serve the kiwi on top or lightly stirred into the yogurt - it is better not to blend this recipe as the yogurt becomes very loose and the kiwi takes over and makes it quite tart.

[Click here for more recipes](#)



12+
months



Step
1



Organix Cheesecake

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10-30mins



Serves 6

Ingredients

● 100g Organix gingerbread men ● 25g unsalted butter

Ingredients for the cream
cheese filling:

1 large banana (100g flesh)

½ lemon

100g full fat cream cheese

100ml double cream

Ingredients for the
topping:

Handful of your favourite
fruits (strawberries,
raspberries, kiwi,
blackberries etc.)

Method

Step 1: Crush the biscuits into breadcrumb sized pieces.

Step 2: Next melt the butter in a saucepan and then add the crushed biscuits to the butter and mix together.

Step 3: Divide the butter and biscuit mixture evenly between 6 ramekins and press down until mixture forms a flat base. Place them in the fridge until cold.

Step 4: Mash banana with a fork. Add 2 teaspoons of lemon juice and zest of half lemon. Next, mix the cream cheese with the banana puree until softened.

Step 5: In a separate bowl whip the cream until it forms peaks. Gently fold the whipped cream into the cream cheese mixture and spoon onto the chilled biscuit base. Smooth the top and put back the fridge to chill.

Step 6: When you're ready to serve, puree some of your favourite fruits with a fork. Top cheesecakes with mashed fruits of your choice.

[Click here for more recipes](#)

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Step
6

