

HOMEMADE BABY FOOD

Suitable for 6-12 months

First foods for your little one can be smooth purees, then increase the texture to minced and mashed being guided by your bub. Offer a variety of finger foods.

Home-made foods should be rich in iron. Use cooked meat, fish with no bones, tofu, legumes, well-cooked eggs and smooth nut pastes. Iron-fortified infant cereals are also an important source of iron.

Increase variety by adding vegetables, fruits, dairy and grains. Try foods such as pumpkin, broccoli, peas, sweet potato, avocado, apples, pears, bananas, pasta, rice, and yoghurt are good options.

Don't be afraid to trial allergenic foods like peanut butter, well-cooked eggs or seafood, but continue to offer them regularly once introduced to your bub.



Steps to make pureed or mashed baby food

Step 1. Wash fruit and vegetables and peel skin. Remove skin from chicken or fish and trim fat from meats. Cut the food into even pieces.



Step 2. Steam or boil the foods until soft and cooked. Do not discard liquids from food yet.



Step 3. Place cooked foods into bowl or blender and add some cooking liquid if needed. Use the blender or potato masher to puree or mash food.



Storage tips and how to serve baby food

To store baby food, place in clean, sealed containers that are labelled with date of cooking and contents.

Clean, large ice cube trays with a lid can also be used to store baby food.

Spoon pureed or mashed food evenly into the tray. Cover with a lid and label with date of cooking and contents.

Keep in the fridge for up to 2 days or a maximum 30 days in the freezer.



To serve the baby food, add the food cubes into a bowl and warm in the microwave or add into a saucepan and warm on the stove.

Make sure to stir well and test temperature with a clean spoon before giving to your little one.

Do not re-use any leftovers.

