

# INTRODUCTION — TO — SOLIDS



Big Nutrition For Small Tummys!

BROUGHT TO YOU BY



Big Nutrition For Small Tummies!



Enjoy CERELAC as part of a varied diet



## **AFTER 9 WHOLE MONTHS INSIDE THE WOMB, YOUR LITTLE BUNDLE OF JOY HAS JUST ARRIVED... WELL, AT LEAST IT STILL FEELS THAT WAY... YET HERE THEY ARE, NOW READY TO START SOLIDS!**

**Introducing solids is an important milestone in your child's development and you want to get it right, for what goes in today has the potential to impact their health later on. So let's help you get it right.**

Babies' growth in the first year of life needs to be fuelled by plenty of energy and nutrients. Growth is often not steady and can occur in spurts, meaning that hunger and appetite can be unpredictable. Starting solids is a learning experience for both parents and baby, and needs to be done progressively to develop baby's tastes. Remember, you're introducing a new consistency that is thicker than breast milk or infant formula. The purpose of the first stage is to accustom your baby to the more solid consistency of the food, so don't worry too much about volume. Keep in mind that food is meant to be enjoyed, and your approach to feeding is central to your child's early feeding experience.



### **REMEMBER:**

**Mess making is all part of your baby's first attempts to learn to feed themselves and is an important part of the learning process.**

Breast milk is the ideal source of nutrition for your baby and provides the necessary nutrients, fluids and energy up to around 6 months of age. At around 6 months, breast milk alone is no longer sufficient to meet baby's nutritional requirements, particularly for energy, protein, iron and zinc. This is when solid foods need to be introduced. Breastfeeding should be continued during and after introducing solid foods.





# THE IMPORTANCE OF EARLY NUTRITION

Early nutrition provides a strong foundation for your child's future health. As a parent, you are no doubt aware of the importance of providing the right nutrition and ensuring your little one gets enough of all those important vitamins and minerals, such as iron, vitamin C and iodine, for healthy growth and development. But what may be more difficult is deciding the right time to introduce solid foods to complement their milk feeds.

Experts agree that solid foods should not be introduced before 4 months, but there is controversy as to whether they should be introduced between 4 and 6 months or at 6 months. Recently published Australian Guidelines recommend the introduction of solid foods at around 6 months. It will depend also on the individual baby and their signs of readiness. Where possible, mothers should continue to breastfeed during and after the introduction of solid foods.

## REASONS FOR NOT INTRODUCING SOLIDS TOO EARLY (<4 MONTHS):

- Your baby may be at greater risk of unsafe swallowing, as they may not be developmentally ready
- Solid food may displace some of their nutrient-dense breast milk or infant formula, which is needed to maintain healthy growth and development
- There may be an increased risk of developing some food allergies and intolerance as baby's immune system is still developing
- May result in changes in stool consistency if your baby's digestive tract is not able to digest these more complex foods yet



## INTRODUCING SOLIDS TOO LATE (>6 MONTHS) MAY:

- Result in poorer growth if energy intake is not adequate
- Increase the risk of nutrient deficiencies – particularly iron and zinc in breastfed infants
- Delay jaw and muscle development which may lead to fussy eating down the track
- Miss an important window where your baby is willing to try new tastes and textures, potentially increasing the chance of later food refusal

## SIGNS BABY IS READY TO START SOLIDS

It is important to remember, all babies are different and will develop at their own pace and the range of normal progression varies greatly. The age of your baby is only one indication that your baby will be ready for solid food. There are a number of other visible cues to look out for. These may include:

- Your baby showing an interest in food, including what's on your plate – babies might also start putting their fingers in their mouths
- An increased appetite and the want for more milk at the end of your baby's usual milk feed
- Your baby is opening their mouth when food is offered on a spoon
- Your baby has good head and neck control, and the ability to sit upright when supported



## DID YOU KNOW:

**In the first few months of life, milk (breast milk or infant formula) has been your baby's unique reference in terms of taste and texture so anything that differs from this will be seen as novel.**



# HOW TO START — BABY ON — SOLIDS

Breast milk or infant formula is still the most important part of your baby's diet and should always be offered first, before solid foods. The quantity of breast milk or infant formula will decrease as the variety and amount of solid foods increase over the coming months. You only need to start with ½ to 1 teaspoon once to twice per day, slowly increasing the quantity to 2 to 3 tablespoons, and eventually (at baby's own pace) building up to 3 meals a day by 12 months.

There is much debate on what to feed your child and in what order. Keep in mind that the order in which you introduce different fruit and vegetable purees doesn't really matter. What is important, is that you offer iron-enriched foods first and wait between each new food to make sure your baby doesn't have a reaction.

Introducing single foods one at a time will help avoid confusion and rule out food allergy and sensitivity. Based on current knowledge, experts have advised that there is insufficient evidence to delay or avoid the introduction of potentially allergenic foods. Future research and evidence may find that there are optimal timings for each individual allergenic food.

**If you have a family history of allergy or have any concerns, speak to your healthcare professional about introducing potentially allergenic foods.**

## **DID YOU KNOW:**

**Some foods will need to be offered up to 10 times before baby will choose to eat it. If your baby doesn't like something, try again another day.**

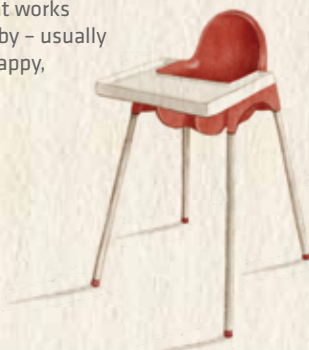
## WHAT EQUIPMENT WILL YOU NEED?

- Plastic spoon
- Colourful bowl
- Bib
- Clean washcloths
- Ice cube trays
- Food blender/processor
- Plastic tablecloth
- High chair
- ...and lots of patience



## WHAT SHOULD THE ENVIRONMENT BE LIKE?

- Choose a time of day that works for both you and your baby – usually when baby is alert and happy, not over tired or hungry
- Choose a quiet time
- Enjoy the experience!



# AGE APPROPRIATE NUTRITION

## INFANT CEREAL: THE IDEAL COMPLEMENTARY FOOD

For most babies, the ideal first foods are usually those which are soft and easy to swallow. Cereals form one of the major food groups within a healthy balanced diet and are recognised for their essential role in providing energy and nutrition to active, growing infants.

Australian guidelines support the use of iron-enriched infant cereals as first foods due to their appropriate gentle taste, texture and nutritional value.







### **TIP:**

**Mix infant cereal with baby's usual milk as they are used to this taste and may learn to accept new tastes and textures more readily. If prepared with breast milk, cereal may become more watery, so adjust the quantity of breast milk added to achieve the desired consistency.**

### **FOOD TEXTURE**

Between 6 and 9 months of age, babies begin to chew. It's important that the texture of the food changes from smooth, mashed to finely chopped and lumpy foods. Encouraging baby to chew, through the introduction of lumpy foods, may help develop speech and oral motor skills, as well as broadening their food appreciation. Babies who are unable to progress through the texture stages may also experience limited food choices and hence their consumption of essential nutrients may be limited.

**If you have any concerns that your child is not progressing on to different textures, speak to your healthcare professional.**



## THE IMPORTANCE OF IRON

Iron is essential for energy production and is also important for your little one's immune system and brain development.

**From around 6 months, a large amount of your baby's iron needs will only be met through eating solids.**

NHMRC Infant Feeding Guidelines recommend that the introduction of solid foods at around 6 months should start with iron-containing foods, including iron-enriched infant cereals, pureed meat, poultry and fish, or cooked tofu and legumes.



**= 2 SERVES OF CERELAC®  
WHEAT INFANT CEREAL\*\***

\*6-12 month old infant, based on Australia New Zealand Food Standards Code. Standard 2.9.2 - Foods for Infants

\*\*As per nutrient information panel which uses average values

NHMRC, National Health and Medical Research Council



## PROBIOTICS

Some probiotics can be found in breast milk, and others in foods such as yoghurt.

CERELAC® Infant Cereals contain Bifidus B<sub>1</sub>, a probiotic similar to those found in the digestive system of breastfed babies.

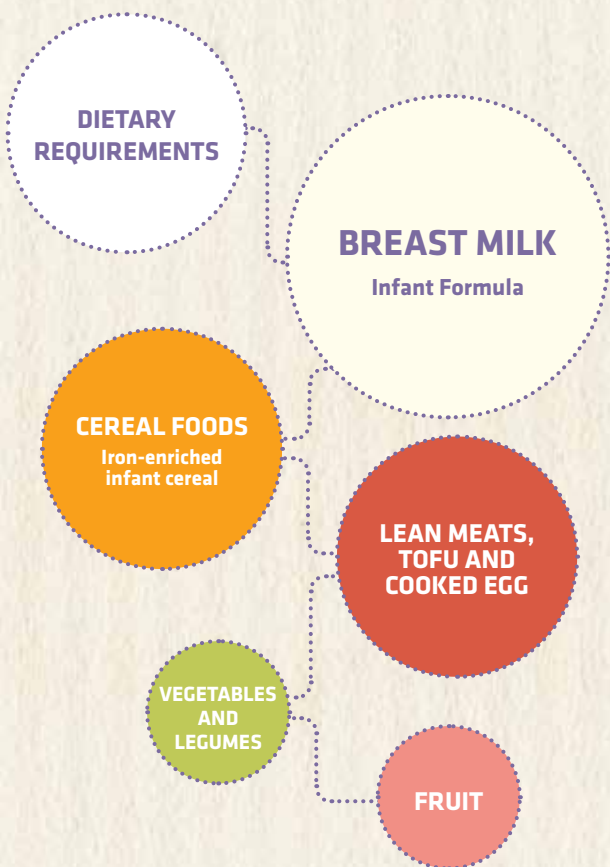






## INTRODUCE SMOOTH TEXTURES

This step usually begins with iron-enriched smooth infant cereals (mixed with pre-boiled water or breast milk), cooked and pureed meats, and finely mashed vegetables and fruits. The desired consistency can be obtained using a baby food processor, hand-held food processor or blender. Soft fruit like avocado and banana are instant baby foods that only require a little mashing.





# BANANA AND STRAWBERRY PUREE



**TIP:** For convenient quantities, place puree into ice cube trays and freeze. Each cube is equal to about 1 tablespoon.

## INGREDIENTS

- 1 tbsp banana puree<sup>†</sup>
- 1 tbsp strawberry puree<sup>†</sup>
- 3 tsp CERELAC® Rice Infant Cereal<sup>a</sup>
- 1 tbsp cooled boiled water<sup>\*</sup>

## INSTRUCTIONS

Combine ingredients and mix well, adding more liquid for a thinner consistency, if required.

**Serves 1**

**Prep time – 5 minutes**

<sup>†</sup>**Note:** To make banana puree, simply push a ¼ of a ripe banana through a sieve. To make the strawberry puree, wash and hull 2 strawberries; blend in a baby blender until smooth, then push through a fine sieve to remove seeds.

<sup>a</sup>Equal to 30% of the recommended CERELAC® Rice serving.

<sup>\*</sup>Water can be substituted with breast milk or infant formula if desired. When prepared with breast milk, it may become more watery.

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# AVOCADO AND STEWED APPLE

## INGREDIENTS

1 apple, peeled & chopped

¼ ripe avocado, mashed

1 tbsp CERELAC® Rice Infant Cereal<sup>b</sup>

## INSTRUCTIONS

Place apple in a small saucepan; cover with water; bring to the boil and simmer until tender; drain, reserving 2 tbsp cooking liquid; push apple through a sieve or blend in a food processor or blender.

Place ¼ cup of the apple mixture, avocado and CERELAC® Rice Infant Cereal in a small bowl and add enough reserved cooking liquid to thin to the required consistency. Any remaining apple mixture can be stored in an airtight container in the refrigerator or freezer.

**Serves 1**

**Prep time – 10 minutes; Cooking time – 10 minutes**

<sup>b</sup>Equal to 40% of the recommended CERELAC® Rice serving





## EXPERIMENT WITH TEXTURES

A month or so after the introduction of smooth, mashed solids you can start experimenting with soft lumps and bumpy foods. Add well cooked barley or beans to their meals; use a potato masher to mash fruit and vegetables instead of a blender or food processor. As most babies don't have teeth yet it is important to keep the lumps soft. The lumps help your baby to develop chewing skills and develop tongue strength which can assist with the development of speech.

### DIETARY REQUIREMENTS

### BREAST MILK

Infant formula

### CEREAL FOODS

Iron-enriched  
infant cereal

LEAN MEATS,  
TOFU AND  
COOKED EGG

VEGETABLES  
AND  
LEGUMES

FRUIT

DAIRY

# CHICKEN AND VEGETABLE RISOTTO



## INGREDIENTS

- 1 tsp olive oil
- 50g chicken mince
- 1 tbsp finely chopped onion
- ¼ cup (50g) Arborio rice
- 1 ¼ cup (310mL) reduced salt chicken stock
- 2 tbsp mixed frozen vegetables

## INSTRUCTIONS

Heat oil in a small saucepan over medium heat; add chicken and onion, cook 2 minutes or until just tender; add rice, stir to coat in oil; add ¾ cup (190mL) of stock; bring to the boil and simmer, stirring occasionally, for 10 minutes or until stock has been absorbed.

Add remaining stock and vegetables; bring to the boil and simmer a further 10 minutes or until thick and creamy and rice is tender. Mash according to baby's age.

**Serves 2**

**Prep time – 10 minutes; Cooking time – 20 minutes**

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## INCREASE VARIETY OF FLAVOURS AND TEXTURES

By ages 8 to 10 months you may notice your baby is taking a more 'hands on' approach to eating. Most babies can now handle small portions of finely chopped finger foods, such as soft fruits, pieces of steamed vegetables, boiled egg, cheese, soft meats and fish. As your baby approaches their first birthday, mashed or chopped versions of family meals will become your baby's main fare. Continue to offer breast milk (or infant formula) with and between meals.

### DIETARY REQUIREMENTS

### BREAST MILK Infant formula

### CEREAL FOODS INCLUDING SOFT WHOLEGRAINS

Iron-enriched  
infant cereals

LEAN MEATS,  
TOFU AND  
COOKED EGG

### VEGETABLES, LEGUMES AND BEANS

### FRUIT

### DAIRY



# CHEESY PEA AND MUSHROOM RISONI



## INGREDIENTS

5g butter  
¾ cup finely chopped mushrooms  
⅓ cup (40g) frozen peas  
1 cup (250mL) water  
2 tbsp risoni or other tiny pasta  
2 tbsp finely grated cheddar cheese

## INSTRUCTIONS

Melt butter in a medium saucepan over medium heat; add mushrooms, cook until tender, about 3 minutes. Add peas and water; bring to the boil; add risoni, simmer, stirring occasionally for 10 minutes or until tender. Add cheese, stir until melted.

**Serves 2**

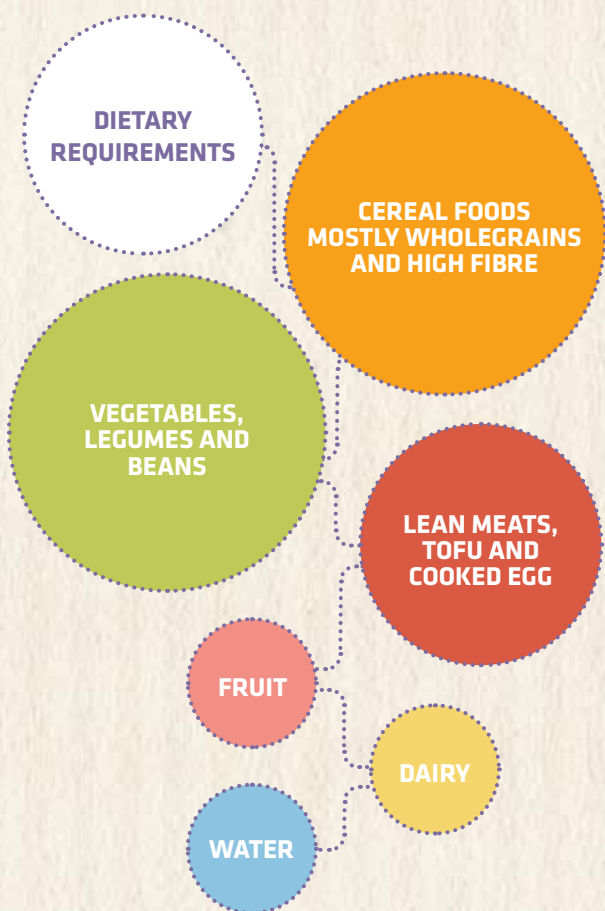
**Prep time – 10 minutes; Cooking time – 13 minutes**

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## TODDLER ENJOYS FAMILY MEALS

From 12 months, your baby (now toddler) can be eating and enjoying the same healthy meals and meal times as the rest of the family. Encourage your toddler to eat independently by continuing to offer easy to grasp finger foods and bite-sized fruits and vegetables.





## CHEESE AND HAM SCROLLS

### INGREDIENTS

½ cup (60g) finely grated cheddar cheese

¼ cup (20g) finely grated parmesan

50g low fat ham, finely chopped

1 sheet puff pastry, thawed

1 egg, lightly whisked

### INSTRUCTIONS

Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper. Combine cheese, parmesan and ham in a small bowl; mix well.

Lay pastry on a work surface; brush with egg; spread cheese mixture evenly over pastry, leaving a 2cm edge; roll pastry firmly, encasing filling, like a swiss roll. Cut into 8 even slices. Arrange scrolls close together on prepared tray, ensuring join is turned inwards so scrolls don't unroll while cooking. Bake for 30 minutes or until light golden and cooked through.

**Makes 8**

**Prep time – 10 minutes; Cooking time – 30 minutes**

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# A RECIPE

— FOR —

## ALL STAGES



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# BAKED FISH FETA AND SPINACH ROLLS

## INGREDIENTS

Spray oil for greasing

4 boneless white fish fillets (about 600g)

2 cups (40g) baby spinach leaves

100g feta cheese, cubed

20g butter, cut into 4 cubes

## INSTRUCTIONS

Preheat oven to 180°C/160°C fan forced. Grease an ovenproof dish with spray oil.

Place fillets on work surface. Divide spinach between fillets, placing along the length of the fillet; sprinkle with feta; starting from the tail end, roll fish; place into prepared dish; place a cube of butter onto each roll; bake 20–25 minutes or until cooked through. Serve with baby's favourite steamed vegetables.

**Serves a family of 4. 12-month portion uses ½ a fish fillet.**

**Remaining portions can be frozen for another meal.**

**Prep time – 10 minutes; Cooking time – 25 minutes**



**SMOOTH** – place a small amount of fish and vegetables in a food processor or blender and process until smooth and creamy, adding enough boiled water to achieve the required consistency.



**LUMPY** – place a small amount of fish and vegetables in a processor or blender and process until a coarser thicker consistency, adding enough boiled water to achieve the required consistency or use a fork to mash depending on baby's stage.

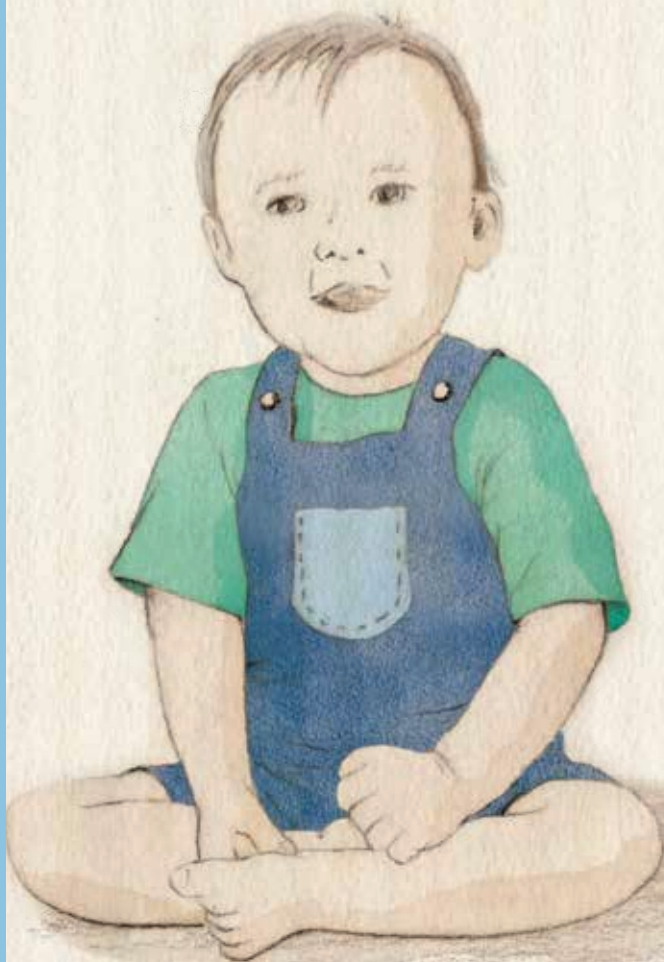




# NUTRITION

➤ AND ➤

## FEEDING TIPS



## FUSSY EATING

It's pretty fair to say many parents worry about their children's eating habits and whether they're eating enough. After all, we know how crucial it is to establish healthy eating habits early in life. It is normal for children to refuse new and unfamiliar foods, and it often takes persistence to get them to keep trying these foods they at first refused.

**There are many strategies which may help your child accept a wider range of foods, these include:**

- Introducing lumps between 6 to 9 months – Changing textures may help to broaden their food appreciation and reduce the likeliness of fussy eating later on.
- Offer new foods up to 10 times – Local research has shown that most parents only persist 2 or 3 times on a particular food before giving up, yet it may take up to around 10 times for a baby to accept a new food.
- Monitor growth and energy – Children may not always follow a traditional meal pattern and often graze throughout the day. It is important to track your child's length and weight as this is one of the key indicators of healthy growth. Often this will happen at your child health nurse appointments. Remember that your child's growth rate slows considerably after 12 months of age, so intake may also naturally reduce. If you have any concerns, talk to your doctor or a dietitian.
- Be a good role model – If you have a restrictive diet yourself, your child will notice and may follow suit. Try not to restrict your child's diet to only those foods you prefer – a good way to think about it is, parents decide what food and when to offer, children decide whether or not to eat and how much they'll eat.
- Encourage self feeding – Children love to play and explore, it's the same concept when it comes to food! Showing independence is a normal part of your child's development, so let them explore food by touching and smelling.



## COW'S MILK UNDER 12 MONTHS

Breast milk or an appropriate commercial infant formula (if not breastfed) should remain the main source of milk for babies under 12 months of age.

Cow's milk as a main drink is not recommended for babies below 12 months as it is a poor source of iron. Cow's milk is also high in protein, salt, potassium, phosphorus and calcium, which is inappropriate for infants and can increase the load on their kidneys. Cow's milk may be added to the diet in small amounts when baby is around 8 to 9 months of age, such as in custard or yoghurt.

Although cow's milk is a great source of calcium after 12 months, too much can lead to poor appetite as they can fill up on milk and not eat the necessary foods that make up a healthy balanced diet. You may want to limit their milk drinks to no more than 2 glasses per day, offered in a cup.





## FOOD SAFETY

Food hygiene is particularly important for babies and toddlers. Poisoning from foods contaminated with bacteria is extremely dangerous in infants and the consequences are more severe than in adults as their immune systems are still developing.

Be mindful to:

- Wash hands in warm soapy water before preparing baby's food
- Clean food preparation areas before and after preparing food
- Wash any fruits and vegetables well
- Always date and label food to be frozen or refrigerated
- Thaw food in the refrigerator and not on the bench
- Check the temperature of food by tasting with a clean spoon – do not give straight to baby, use another clean spoon
- Throw out any food not eaten by baby at the end of the meal

Babies are at risk of choking on food, so it's important to always watch them while eating. Avoid giving nuts or foods that can break off into hard pieces i.e. popcorn, raw or undercooked hard fruits and vegetables.





## NO NEED TO ADD SALT

Babies' tastes are different to those of adults. Exposing infants to a salty taste early on may affect subsequent food preferences and intake. There is no need to add extra salt to baby foods, the longer you can avoid salt (and sugar for that matter) the better for your child!

### TIP:

**Be careful when choosing cereals for your baby.**

**Some adult cereals can contain at least 7 times the amount of sodium compared to infant cereals which have been specifically designed with infants' needs in mind (45mg/15g in a standard whole wheat biscuit cereal compared to just 6mg/15g in CERELAC® Wheat Infant Cereal).**

## BABY-LED WEANING

Instead of the traditional 3-stage process of introducing solids, you may find other methods to follow. One in particular that is getting some hype is a method called 'baby-led weaning' and is based on the self-feeding characteristics of breastfeeding. There is much debate about the benefits of baby-led weaning and whether they outweigh the limitations. Australian authorities are yet to provide official recommendations for or against baby-led weaning. You may find that combining aspects from both methods work well for your baby.



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## ORGANIC MATTERS

Certified organic foods are free of conventional pesticides, chemical fertilisers, hormones and antibiotics. However, not all organic branded foods are certified and they are not necessarily healthier. Being organic doesn't mean that there are no added sugars and salts, nor does it guarantee an appropriate balance of proteins, carbohydrates and fats. It is important to note that there are plenty of foods out there that are organic but don't have an 'organic' label – for example many cows in Australia are pasture fed not grain fed, and may be hormone and antibiotic free without being certified organic.

## HOMEMADE vs. COMMERCIAL FOODS

Homemade baby food is ideal. It means your food can be freshly prepared and nutrients retained. Homemade baby food can also have more flavour and a better texture profile than packaged baby foods.

One of the main reasons people use commercial baby foods is that they can be convenient, especially for working parents who may be time poor. To make mealtimes less stressful, did you know:

- Mashed baby foods can be frozen in ice cube trays and stored for up to 30 days
- Solids can be stored in plastic containers and kept in the fridge for 2 days, or in the freezer for up to a month
- Once you have progressed from single ingredient foods, using a baby food processor or mashing the family's normal healthy meal is the simplest way to feed baby at the same time as the family. Your baby will enjoy joining in too. Just remove the baby's portion before you add any salty sauces or ingredients your baby doesn't eat yet



# QUESTIONS AND ANSWERS

## WHAT ABOUT FRUIT JUICE?

Fruit juice contains sugars which are naturally found in fruits, however when made into a juice, these sugars become very concentrated and may lead to tooth decay, picky eating, excessive weight gain and decreased appetite. Consider how many oranges you use to make 1 small glass of orange juice – a lot more than you would normally consume in one sitting, right? There are more nutritional benefits in giving your child whole fruits and vegetables rather than fruit juice, and juice is not recommended in the first year of life. Juice, if offered beyond 12 months, can be diluted to  $\frac{1}{4}$  fruit juice and  $\frac{3}{4}$  cooled boiled water.

## ARE THERE ANY UNSUITABLE FOODS FOR MY BABY/TODDLER?

- Honey – due to a potential risk of bacterial infection which can cause severe illness, honey should be avoided until 12 months of age
- Whole nuts – babies below 12 months of age can choke easily on whole nuts, so these should be avoided
- Tea – contains substances which reduce your baby's ability to absorb iron and other essential nutrients
- Cow's milk – not recommended as baby's main milk source under 12 months
- Reduced fat milk – not recommended for toddlers under 2 years of age





## WHAT ARE THE BENEFITS OF TODDLER MILKS (1-3 YEARS)?

Fortified milk supplements (known as Toddler Milks) can assist in meeting the nutritional needs of toddlers when energy and nutrient intakes may not be adequate.

Toddler milks, such as NAN® OPTIPRO® HA 3, NAN® Pro 3 and NAN® Comfort 3, contain essential vitamins and minerals such as calcium, iron, zinc, iodine and vitamins B1, B2, C, D and E.

NAN® Toddler Milks also contain probiotics.

**Careline**  
nutrition experts

Contact the Nestlé Baby  
Careline team on:  
**1800 468 8736**

NAN® Toddler Milks are not breast milk substitutes but growing up milks, specially suited to toddlers from 1-3 years of age. They are formulated supplementary foods for young children, to be consumed when energy and nutrient intakes may not be adequate. Enjoy Nan® OPTIPRO® HA 3 Toddler Milk as part of a varied diet.

**IMPORTANT NOTICE** Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

Mothers should continue breastfeeding during and after the introduction of complementary foods. As babies grow at different paces, health professionals should advise the parents on the appropriate time when their baby should start receiving complementary foods.



# NUTRITION

— THAT —

## GROWS WITH THEM



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