



# BABY'S FIRST FOODS

complete guide for 6-12 months  
by



**KinderPass**

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# SIGNS THAT YOUR BABY IS READY FOR SOLIDS

Wondering when to start your little one on solids? Watch for these signs that usually indicate when babies are ready to try their first food.



## SITS UPRIGHT

Your baby can sit without support and hold his head steady.



## GRABS & CHEWS

Your baby shows interest in food and can grab things and bring them to his mouth and chew.



## 6 MONTH OLD

Your baby is 4-6 month old. Healthy infants reach developmental readiness to begin solid foods when they are around 6 month old.



## OPENS MOUTH

Your baby opens the mouth when sees the spoon approaching.



## TONGUE-THRUST REFLEX

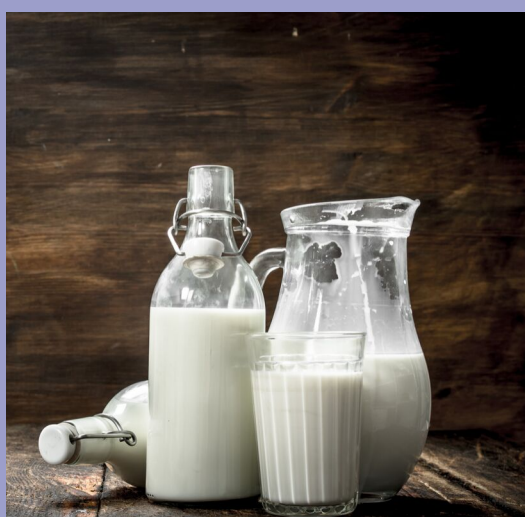
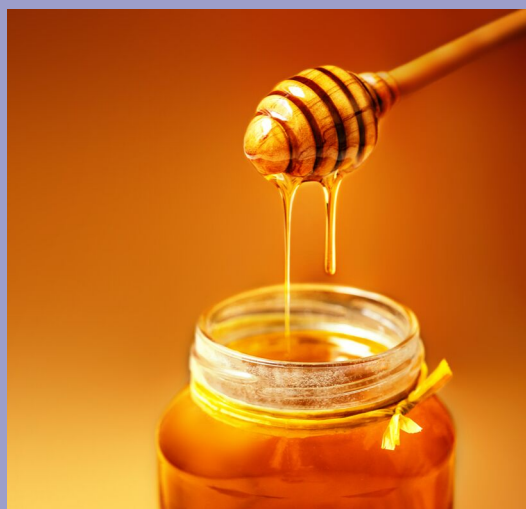
Your baby's tongue-thrust reflex has disappeared - which pushes food out of the mouth.

# FOODS TO AVOID FEEDING YOUR 6-12 MONTHS OLD BABY



## Honey

Honey may contain the spores of the bacteria *Clostridium botulinum* - these spores can cause botulism in babies under 1.



## Cow's milk

Babies' digestive systems under age one may not tolerate cow's milk protein in big quantities.

## Salt

Babies need a very small amount of salt, too much salt can be harmful to babies' kidneys.



## Sugar

Avoid sugary snacks and drinks to help prevent tooth decay.

## Allergens

Avoid feeding babies allergenic foods including peanuts, soya, wheat, nuts, lobster, prawn and strawberries during the first year.



## NOTE:

Keep foods such as whole grapes, nuts and seeds, chunks of peanut butter etc. away from babies.



# FEEDING YOUR BABY: DO'S & DON'TS

*Trust us, there's no one right way to do this!*

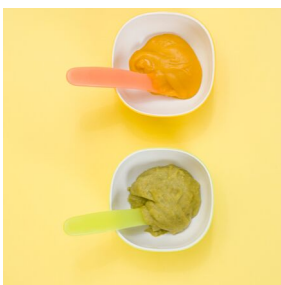
*Spoon-feeding is the traditional way to start feeding your baby infant cereal or purees, while baby-led weaning is where you put large chunks of soft food on the highchair tray or table and let your baby grasp the food and feed himself.*

*For both methods here are some do's and don'ts.*



## FOOD CONSISTENCY

Prepare the proper food in appropriate size, shape and consistency that will allow an infant to eat and swallow easily.



## SMALL PORTIONS

Feed small portions and encourage your baby to eat slowly but do not force feed.



## THE 3-DAY WAIT RULE

Introduce new foods one at a time. Wait two or three days, before offering another new food.



## SOFT SPOON

Use a soft-tipped spoon to feed your baby to avoid gum injuries.



## UPRIGHT POSITION

Make sure your baby is seated in an upright position.



## AVOID CHOKING HAZARDS

Avoid foods like whole grapes, raw vegetables, nuts and seeds etc. that may cause choking.



## PREVENT CONTAMINATION

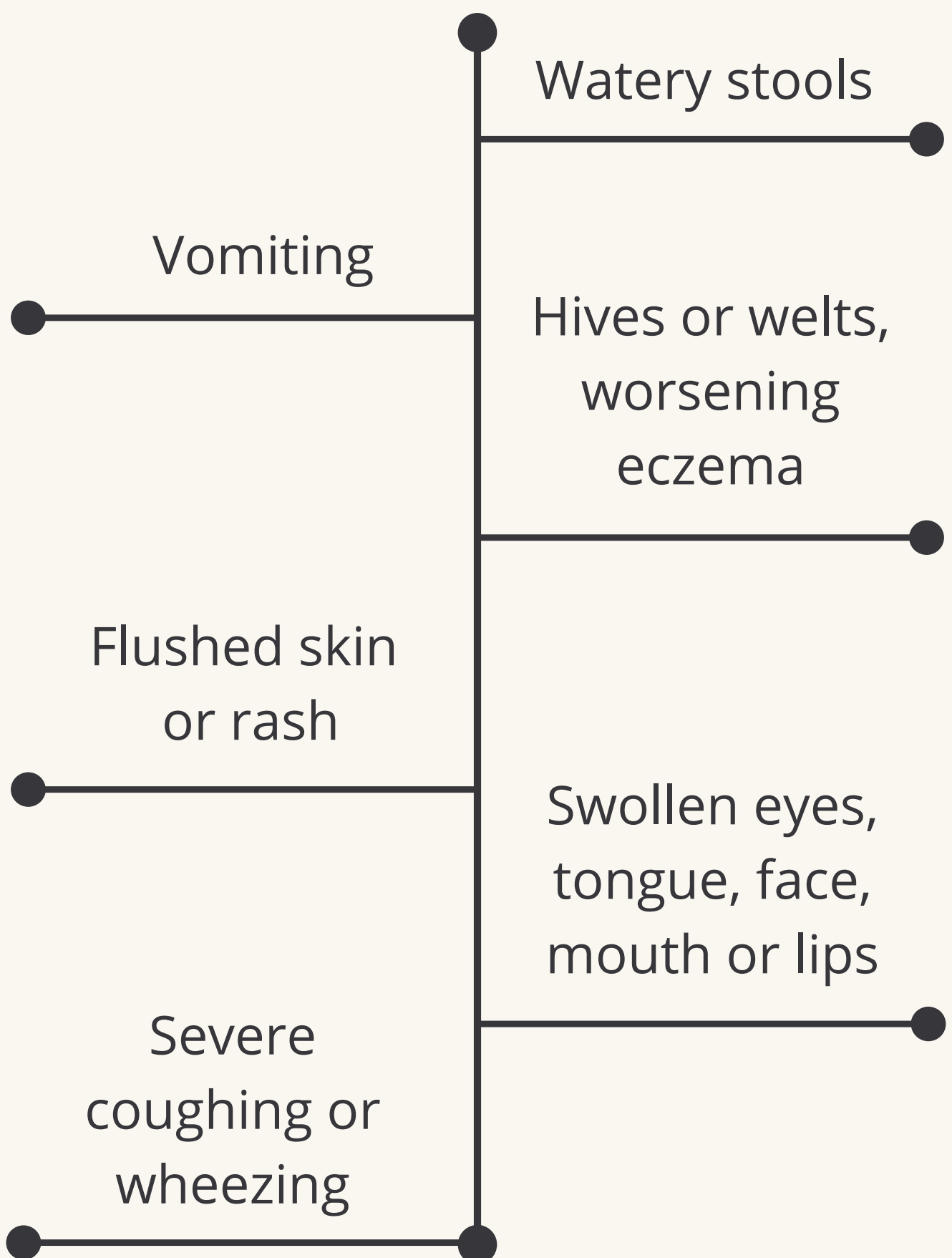
To prevent contamination do not feed directly from jar unless your baby will finish it during that feeding.



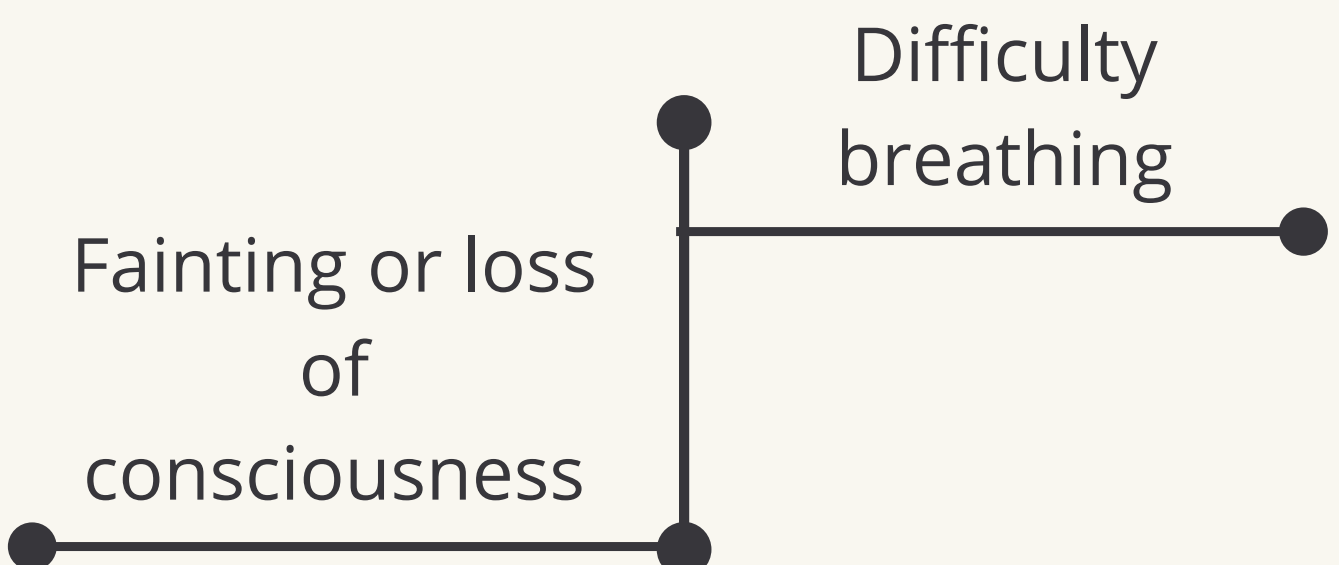
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# SIGNS AND SYMPTOMS OF FOOD ALLERGIES IN CHILDREN

## COMMON SIGNS AND SYMPTOMS



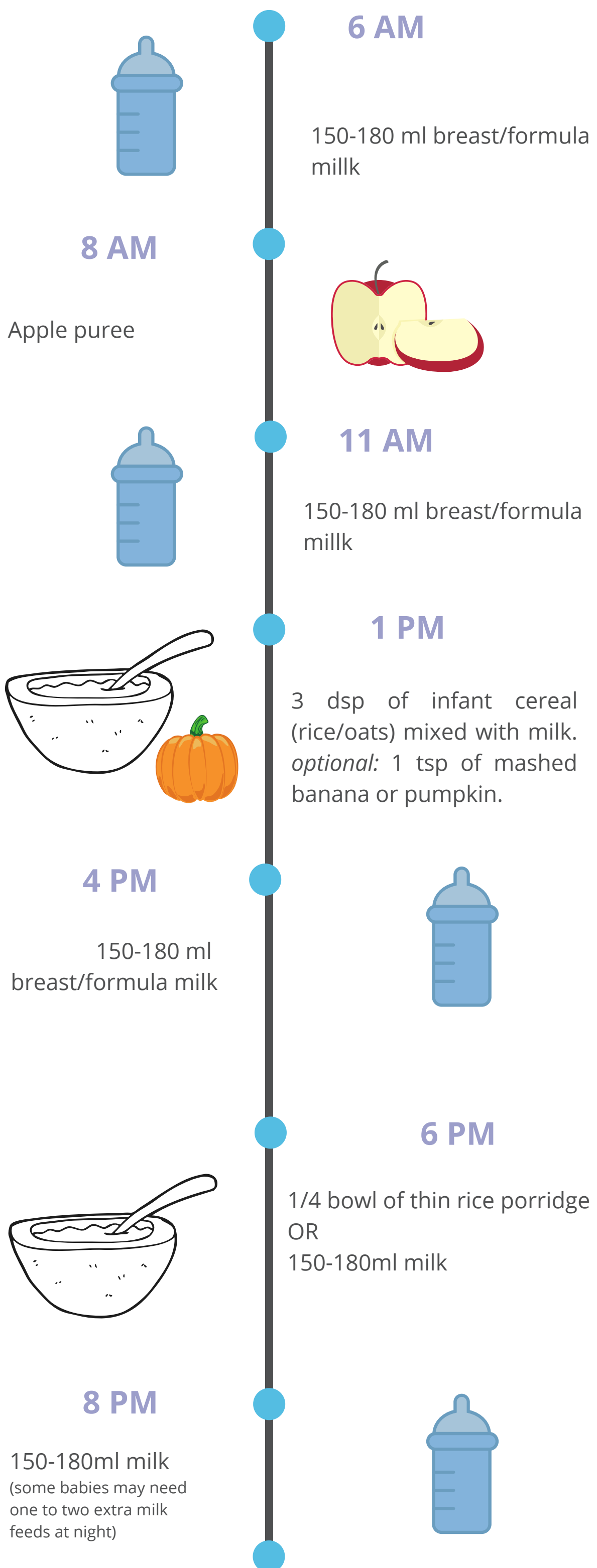
## RARE BUT SERIOUS SYMPTOMS





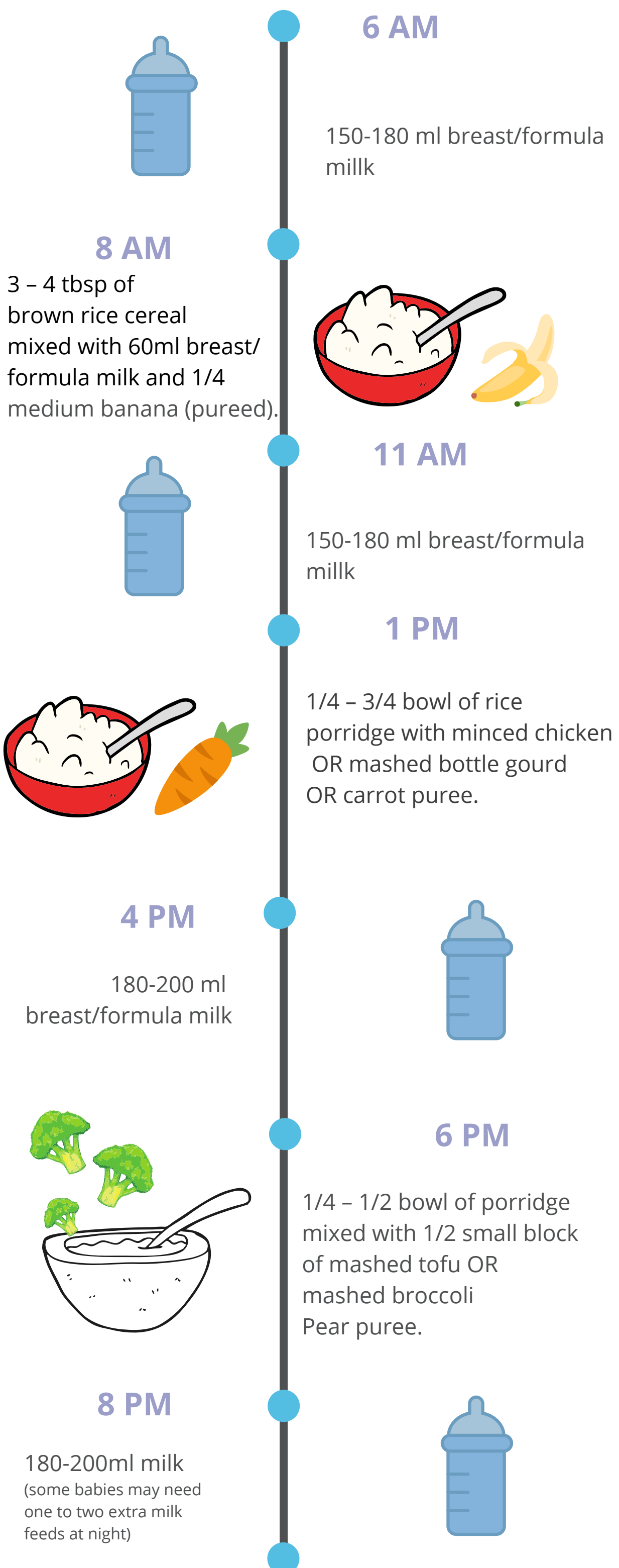
# SAMPLE DAILY MENU

For 6 month olds



# SAMPLE DAILY MENU

For 7-9 months





# SAMPLE DAILY MENU

For 10-12 month olds

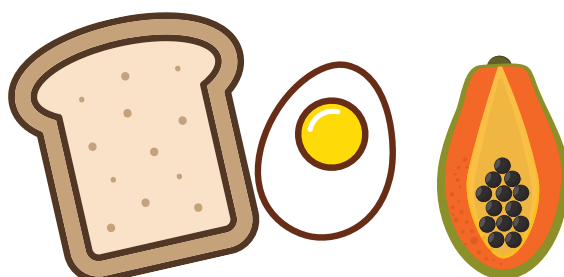


**6 AM**

150-180 ml milk

**8 AM**

3 – 4 tbsp of oat cereal mixed with 60ml milk OR  
1 slice of wholemeal bread with 1/2 mashed egg yolk.  
1/4 wedge cut papaya.



**11 AM**

180-200ml milk



**12 PM**

1/4 – 3/4 bowl of rice porridge with 1/2 small block of diced tofu and finely chopped spinach.

**3 PM**

- 210 to 240ml milk  
- 1/2 teething rusk or 1/2 baby biscuit (if baby is teething)



**6 PM**

1/4 – 3/4 baked/mashed large potato, mixed with cooked minced/chopped chicken OR  
1/5 finely grated carrot and 1/3 finely chopped tomato.

**9 PM**

210-240 ml milk



# 7 FIRST FOOD RECIPES (6M+)



## PEAR PUREE



Take a clear skinned fresh firm pear and wash well.

Peel the skin and take out the seeds by de-coring the pear.

Cut the Pear in the required quantity.

Take a thick bottomed pan and fill it with water. Now place the Pear in it and bring it to boil. Cover and allow to cook till the required consistency is achieved.

Take out the Pear and mash the cooked pear either by spoon or masher or blend it with Blender. Instead of adding water, add breast milk or formula feed to make it the right consistency.





# RICE PORRIDGE



Wash rice well and soak for 10-15 mins. Cook well in a pan or pressure cooker. Mash nicely with a heavy spoon or ladle. Scoop out the water and cool before feeding baby

Make it into a thin dropping consistency - it should not be watery. Make it thicker as your baby grows. Ensure it doesn't have lumps.

# APPLESAUCE



Wash and peel the apples. Remove the core and cut them into small cubes.

Boil the apples in a saucepan. Drain the water and remove apples once they are tender and let them cool.

After cooling either mash or blend to get a smooth consistency.

## A white ceramic bowl filled with a light-colored soup, containing small, shell-shaped pasta and pieces of vegetables. The bowl is placed on a white wooden tray. A silver spoon is resting in the soup, and a black handle is visible on the right side of the tray.

2 thigh pieces  
Little knob of butter  
1/4 inch ginger crushed  
2 cloves of garlic crushed  
1 onion chopped  
1 1 celery or carrot  
chopped

Heat butter in a pan and add the crushed ginger and garlic sauté for a minute, onions sauté till transparent.

Add 2 cups of water and bring to boil. Reduce the heat and simmer for 20-25 mins.

Once ready, strain and the clear soup is ready.



## A top-down view of a white bowl with a green rim, filled with a smooth, light green pistachio ice cream. The ice cream is topped with a generous pile of chopped, golden-brown pistachios. The bowl sits on a vibrant red, textured placemat. To the right of the bowl, four whole pistachios are scattered on the placemat, some showing their characteristic green hulls and light-colored kernels.

Cut the avocado in half.

Mash it with a fork or you can use a blender to get the right consistency.

## A glass jar filled with a thick, yellow-orange spread, likely banana jam, sits on a light-colored wooden surface. The jar has a silver metal clasp lid. To the left of the jar, a butter knife with a piece of butter on it lies on the wood. Several ripe yellow bananas are scattered around the jar, some in the background and one in the foreground to the left. The scene is brightly lit, creating a warm and appetizing atmosphere.

## Cut it into smaller pieces

Mash it with a fork until you get the right consistency.

## A close-up photograph of a dark brown ceramic bowl filled with a thick, orange-brown lentil soup. The soup is garnished with a sprinkle of red and black spices. The bowl sits on a piece of coarse, light-brown burlap fabric, which is placed on a dark, textured wooden surface. A silver metal spoon with an ornate handle lies to the right of the bowl.

1 teaspoon butter or ghee  
1/2 teaspoon of cumin powder  
2 cloves of garlic crushed  
1/2 onion chopped  
1/2 tomato chopped  
Potato or carrot or beans or bottle gourd  
(all veggies washed , peeled and chopped)

Heat ghee in a pressure cooker or a thick bottomed pan and add cumin.

Add the crushed ginger and garlic sauté for a minute, onions sauté till transparent, tomato and saute them till mushy.

Now add all vegetables and sauté for few minutes.

Add 2 cups of water to the mixture and bring to boil. Reduce heat and simmer for 20-25 mins.

Let it cool, strain and serve!.



*Start your baby on solids gradually by introducing one new food every 3-4 days.*



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