

# Baby Foodie

With over 60 nutritious and delicious recipes for you to try, from first tastes, to finger food and everything in between.



# SAMPLE



ONE HANDED COOKS  
onehandedcooks.com.au

*Baby Foodie is your starting solids guide, taking you and your baby from first tastes, to finger food and everything in between. With over 60 dietitian approved recipes for you to try, nutrition notes and fussy eating tips to help along the way, your baby will enjoy a positive and nutritious start to their food journey.*

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Avoid the selective eating patterns caused by convenience snacking. Instead, set strict meal and snack times depending on your baby's preference, and feed nutritious foods at these times.

## 6. Enjoy food

Be creative and keep mealtimes surprising, interactive and fun. Why not take lunch outside every Friday and have a picnic or enjoy Sunday evening meals as a family when you can't always eat together during the week.

Your children want to be with you and praised by you most of all, so the more you interact with them at meal times the more positive the associations will become.

## 7. Control 'special occasion' food

Try not to elevate sweet foods to a treat or special status. By offering a sweet treat or dessert after a meal you are telling your baby that what they are eating is inferior, and that the good stuff is yet to come.

As your baby grows up there will be many occasions where unhealthy food is offered. It's often better to allow sweets and snacks on special occasions rather than deny them altogether.

## 8. Play with your food

Babies have limited fine motor skills and will often make a huge mess. Be open to this, buy some carpet cleaner and a splash mat, and let them experience food in a natural way.

A mother's fear of choking can sometimes delay the important progression of lumpy and finger foods. Speak to your health care professional, and do a first-aid course so you are more comfortable and can enjoy this new phase.

## 9. Create a mealtime experience

Make meal times a relaxing and enjoyable experience. Create a "Mealtime Ritual". This ritual will be quite basic when first starting solids – more of a simple routine so your baby knows what's coming next. Turn off the TV, turn on some classical music, sit and face your baby and eat together. Even if you can't spend every meal time together as a family, simply giving them a moment of peace and your undivided attention will help them focus, digest and form positive associations with food.

## 10. Be a good role model

You are so important in modeling the way you expect your baby to behave. This is apparent in all areas of development, and very much a part of forming positive food associations. Children see, children do. Right from the start make fruits and vegetables just as enjoyable as all other foods, don't focus on them, don't assume they won't like them, simply take the time to make them taste nice. Cook them, bake them, grill them, fry them, and bring out their natural flavour.

Enjoy eating a variety of different and healthy foods yourself, and show enjoyment when eating in front of your baby.

We believe all children have it in them to be good eaters and to associate foods with positive experiences.

## Benefits of homemade

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Yes, we mums are very busy, but limited time does not mean you can't create nutritious food for your children. Not only will your darlings benefit from home cooking using fresh ingredients, but you will also feel all warm and gooey watching them devour it.

There are a million things you can buy to make life easier, simpler and faster. Packet and jarred baby food is one of them. We are fortunate enough to have an abundance of good quality pre-packaged food on offer, but many of these options also have a pinch of the bad; be it filler food, low percentages of meat, high cooking temperatures, excess salt and other preservatives. The companies that make this

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food don't write that on the front of the jar and who has time to look at the back?

There is only one way to avoid all of these nasties and that is making a shift back to a more natural way of eating - more cooking and less buying of pre-packaged foods. The truth is, the companies that make pre-packaged foods don't select the nicest pear for your puree, only you can do that. Knowing what is going into the food you give your children is always the best option for their health and your peace of mind. We promise you, that with a little organisation and pre-cooking, homemade food is not only healthier but it is surprisingly simple and oh-so-much cheaper than the alternatives.

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# Food allergies

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## What are food allergies?

Around 1 in 20 children and 1 in 100 adults suffer from food allergies. Food allergies are the result of an overreaction of the immune system to a food (which is harmless for most people) after it is consumed, inhaled or, in severe cases, touched. The immune system responds to the allergen by releasing histamines and other chemicals that cause inflammation and result in one or more immediate symptoms.

### The most allergenic foods are:

- Milk
- Eggs
- Shellfish
- Fish
- Peanuts
- Tree nuts
- Sesame seeds
- Soybeans
- Wheat

### Signs of an allergy may include:

- An allergic reaction to the skin – hives, itchiness, redness
- Bowel problems
- Tummy pain
- Vomiting or diarrhea
- Swelling of the tongue
- Coughing or wheezing
- In severe cases, an allergic reaction can result in anaphylaxis

Thankfully most childhood food allergies will disappear over time, however unfortunately allergies to peanuts, tree nuts, seeds and seafood will often remain life long. Health professionals recommend infants try one new food every two to three days. This allows for you to watch for any reaction and pinpoint exactly which food has caused it. If food allergies are a problem in your family or you are at all concerned, we recommend you seek advice from a health professional before starting solids.

If you suspect a food allergy in your child do not try to treat the allergy yourself. Professional diagnosis and specialised treatment from a medical practitioner or Accredited Practising Dietitian (APD) specialising in food allergy and intolerance is essential.



## A guide to using this book

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### Food icons

Key to the food icons you will find above each recipe:



Vegetarian



Freezable



Egg free



Dairy free



Gluten free

### Approximate servings

The recipes all use cup and spoon measurements so you don't have to waste time weighing things. The serving suggestions listed are an approximation based on our own cooking and to be used as a guide only.

### Substitutions

The recipes are all relatively simple and can be altered if required. If for example, your baby decides he won't eat carrot, try the same amount of sweet potato.

Some babies have a real preference for fruit over vegetables (and vice versa). Rather than excluding one food completely, try sweetening the vegetable recipes with a few tablespoons of apple or pear puree and reducing the amount over time.

Try using wholemeal flour, rice and pasta where possible. Your baby won't know the difference and it is a much healthier option.

Quinoa is a fantastic first food for babies. It is a natural 'super food', which is high in good quality protein, full of fibre, and nutrients including iron and calcium – key components for a healthy baby's nutrition. Quinoa can be substituted for rice in any of the following recipes, or added to the vegetable purees to give texture.

Many of the recipes call for vegetable or chicken stock. Be mindful that prepackaged stocks are very high in salt and can be harmful to your baby. It is always better to make your own stock, or use water if you don't have access to a good quality, salt reduced stock.

### Approximate age guide

Each baby is unique and will take to solid foods differently. Some babies take to finger foods immediately, while others still gag at lumps when they are 10 months old. The ages outlined in this book are to be used as a general guide only. If you feel your baby is ready for textured foods earlier by all means go for it. You know your child best so trust your instincts and set your own pace.

# Mixed Purees

Approximately 6-7 months



Once you have tested each food for a reaction your baby can begin to enjoy a wider range of flavours and textures. Have fun experimenting with different flavour combinations and you will soon get a feel for the types of food your baby enjoys most. Try not to favour the foods you prefer, let your baby surprise you with what he likes. This is also a good time to start pureeing a little less and fork mashing

more. Allowing your baby to get used to textured foods early will be a great step towards eating whole family foods.

**Nutrition Note:** Introducing a wide variety of flavour combinations with your baby will help them develop their tastes, encourage food acceptance and discourage fussy eating.

## Tropical Fruit Puree

Prep Time: 10 minutes

Cook Time: 10 minutes

Ready in: 20 minutes

Serves: Approximately 2 cups or 24 cubes  
(1 tablespoon per serve)

### Ingredients

- 2 over ripe pears, cored, peeled, chopped
- $\frac{3}{4}$  cup water
- 1 mango, cored, peeled, flesh sliced off
- 1 ripe banana, peeled, sliced

### Method

1. Bring water to the boil in a small saucepan.
2. Add pear to the water and reduce heat. Simmer, covered, for 10 minutes or until soft. Set aside to cool.
3. Add pear (including the juice/water) to the mango and banana. Process together until smooth (add extra water or baby's usual milk if required).

## Exotic Fruit Puree

Prep Time: 10 minutes

Cook Time: 10 minutes

Ready in: 20 minutes

Serves: Approximately 2 cups or 24 cubes  
(1 tablespoon per serve)

### Ingredients

- $\frac{1}{2}$  papaya, seeded, skin removed, diced
- 1 mango, diced
- 3 pears, peeled, cored, diced
- 3 apricots, cored, diced
- 1 cup of water

### Method

1. In a large saucepan bring water to the boil.
2. Add prepared fruits, cover and simmer for around 8 minutes, or until all the fruit is soft.
3. Blend together, adding the cooking water until you have desired consistency.

**Nutrition Note:** A great puree for summer. Choosing fruits when they are in season helps to ensure they are highest in nutritional value and freshness.

“You know your baby best,  
so trust your instincts and  
set your own pace.”



Green Chicken & Quinoa

# Finger Foods

Approximately 7-12 months

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Simple finger foods can be introduced as early as 7 months of age. As your baby's eating develops, you can start to experiment more and more. Around 9 months of age your baby will develop more precise hand control, this is a great time to encourage them to feed themselves. You might find the best idea is to feed a bowl of textured food to start and have

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a selection of finger foods for your baby to feed himself. It is important to note when starting finger foods, that babies should never be left alone to eat, nor should they eat while wandering around. Keep finger foods soft, and avoid foods such as raw carrot, celery, apple or large round food such as sausages, grapes or nuts as these can be a choking risk.

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## Banana Toast

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Prep Time: 3 minutes  
Cook Time: 5 minutes  
Ready in: 8 minutes

Serves: 1 serve

### Ingredients

- 1 piece of wholemeal bread, sliced into 'fingers'
- 1 banana
- 60ml formula or breast milk
- Sprinkle of cinnamon

### Method

1. Combine the banana, milk and cinnamon together and mix until smooth.
2. Heat a non-stick fry pan to medium.
3. Dip the bread into the mixture and fry until golden.

## Baby Sandwich Fillings

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**Nutrition Note:** It can be easy to get stuck in a rut, offering the same sandwich fillings day in and day out to your baby or toddler. These are just a few of many sandwich filler ideas. If your baby loves sandwiches, use your imagination and see what creative ideas you can come up with. Variety is the key!

Serves: 1 serve

### Salmon Avocado

Prep Time: 3 minutes  
Cook Time: 0 minutes  
Ready in: 3 minutes

### Ingredients

- 1 tablespoon cooked salmon, fresh or tinned
- 1/4 avocado
- 2 slices of fresh wholemeal bread

### Method

1. Fork mash the avocado and salmon together and paste on the bread.
2. Cut off the crusts and cut into fingers.

## Vegetable Fritters

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Ready in: 30 minutes

Serves: Approximately 12 fritters

### Ingredients

- ½ cup milk
- 2 eggs
- 1 x 125g can no added salt creamed corn
- 1 ¼ cups plain flour, sifted (try wholemeal)
- 1 teaspoon baking powder
- Olive oil to fry

Use as many of these fillings as you want (about 2 cups worth):

- Chopped ham
- Lightly fried bacon pieces
- Zucchini, grated
- Corn kernels
- Grated cheese
- Shallots

- Carrot, grated
- Lightly fried onion pieces
- Small tin of tuna
- Fresh herbs - chives, parsley, thyme

### Method

1. Whisk milk and eggs together.
2. Add all other ingredients and mix until you have a smooth batter.
3. Add mix-n-match filling OR another 125g of creamed corn.
4. Heat oil in fry pan over medium. Dollop tablespoons full of batter into the pan and cook each side for a few minutes, or until golden.

**Nutrition Note:** Variety is the best way to ensure your children receive all the nutrients they need.

These vegetable fritters are one of the top recipes on the blog, and great for toddlers too, a must try.

## Salmon Rissoles

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Ready in: 25 minutes

Serves: Approximately 10 small rissoles

### Ingredients

- 1 large potato, peeled, grated (squeeze out excess juice)
- ½ brown onion, grated or finely chopped (squeeze out excess juice)
- 1 x 160g tin red salmon, skinless/boneless
- 1 egg
- 2 tablespoons plain wholemeal flour
- 3 tablespoons olive oil, to fry

### Method

1. Heat oil in a fry pan. Gently fry onion and potato for one minute. Set aside to cool.
2. Combine all ingredients in a bowl and mix well.
3. Roll into small patties.
4. Gently fry in batches. Once cooked through, cover and reduce heat to low, this will help to cook the patties all the way through without burning the outside.

**Nutrition Note:** Deep-sea oily fish, such as salmon, are a great source of omega 3 essential fatty acids, vital for normal development of the brain, (particularly the parts used for learning, memory and reasoning) the eyes and the central nervous system in young children.

Try adding extra veggies such as peas, grated zucchini or carrot.



“We believe all children have it in them to be good eaters and associate foods with positive experiences.”



“Avoid having too much food on the plate or highchair tray. Often bub will get overwhelmed and ditch the lot over the side.”





## Resources

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### Australian Breastfeeding Association

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### Australian Society of Clinical Immunologists and Allergists

[www.allergy.org.au](http://www.allergy.org.au)

### Baby Led Weaning

[www.baby-led.com](http://www.baby-led.com)

### Coeliac Society Australia

[www.coeliacsociety.com.au](http://www.coeliacsociety.com.au)

### Lactose Intolerances

[www.lactose.com.au](http://www.lactose.com.au)

### National Eczema Society

[www.eczema.org.au](http://www.eczema.org.au)

### National Health & Medical Research Council

[www.nhmrc.gov.au](http://www.nhmrc.gov.au)

### One Handed Cooks

[www.onehandedcooks.com.au](http://www.onehandedcooks.com.au)

### Stay At Home Mum

[www.stayathomemum.net.au](http://www.stayathomemum.net.au)

### World Health Organisation






[www.who.int/en/](http://www.who.int/en/)

## Join Us

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### One Handed Cooks

One Handed Cooks is all about inspiring parents to cook beautifully simple, healthy food for their children. Join the community of one handed cooks to keep up to date with the latest recipes and share your own ideas with others.

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-  [www.onehandedcooks.com.au](http://www.onehandedcooks.com.au)
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