

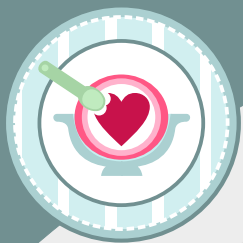
Tips & Tricks

for introducing solids

MAGIES VOL LIEFDE
TUMMIES FULL OF LOVE

♥ Baby & Toddler Food ♥





1

TIPS FOR STARTING WITH SOLIDS

From 6 months

SIGNS YOUR BABY MIGHT BE READY FOR SOLIDS:

Your baby needs to be able to control his head and neck movement while sitting upright in an infant feeding seat in order to swallow well and to prevent choking.

Your baby may begin eyeing or reaching for your food or may open his mouth.

He shows readiness to chew (to start solids, he should be able to move food to the back of his mouth and swallow it, instead of using his tongue to push food out of his mouth).

He is trying to put things into his mouth or chews his hands excessively.

He has doubled his birth weight.

He demands to feed more than

8-10 times a day and doesn't seem to be satisfied with milk alone.

IMPORTANT NOTES AND TIPS:

- Add breast milk or formula milk to your baby's first few tastes of vegetables. This allows for something familiar in a new flavour.
- Reflux babies can be sensitive to carrots, tomato-based products, bananas and rooibos tea. Keep a diary to follow your baby's reactions towards these products.
- Fruits can be served with baby cereal or as a "treat" after a meal.
- Rice cereal in a baby's milk bottle is not advisable as currently there is not sufficient research on this practice to justify this as a good choice for your baby and can lead to early childhood illness, being overweight, diabetes, etc.

It is important to know that every child is different. Don't compare your solid food journey with others. The first thousand days of a baby's life play a major role in laying the foundation for your baby's long-term health. Assist your baby in developing a healthy pallet by establishing a good eating routine and introducing as many healthy flavours as possible during the first year. When introducing solids, remember that it can take up to 14 times of introduction for a baby to form a food reference. **The taste, smell, colour, texture and even temperature are all new. DON'T GIVE UP** and seek professional help if you are feeling overwhelmed.



INTRODUCTION GUIDELINES:

The WHO recommends starting solids from 6 months. Your baby will show readiness signs, always ensure you can tick these before starting. Before 18 weeks the introduction of solids is not recommended, as the stomach enzymes are not developed enough to start digesting solid food. The best foods to start with are rice cereal or yellow vegetables. Fruits are not recommended as first foods due to its high sugar content. Babies can also quickly get used to sweet flavours, and will then struggle to adapt to vegetables later on.

Introduce one flavour for 3 days, before moving on to the next flavour for the next 3 days. Look for any allergic reactions to a new food – rash, itching, or uncomfortable baby – before introducing a new food. Start with 1-2 teaspoons of food, and gradually increase, or add a teaspoon of food per week, but follow your baby's cues for the amount of food they need.

WHY RICE CEREAL:

Rice cereal, fortified with iron, is the first introductory solid food for babies. Rice is the grain least likely to cause an allergic reaction, and most babies will tolerate it.

- Mix one teaspoon of single-grain cereal with 4-5 teaspoons of breastmilk or formula (it will be very runny). Once your baby can swallow runny cereal, thicken it by adding more cereal or using less liquid.
- Remember that rice cereals where water needs to be added normally have a higher sugar content than cereals where milk needs to be added.
- Begin with about 1 teaspoon of pureed food or cereal once a day.



BASIC STARTER ROUTINE:

Day 1-3: Start with 1-2 teaspoons of a yellow vegetable or rice cereal at "breakfast", between two milk feeds.

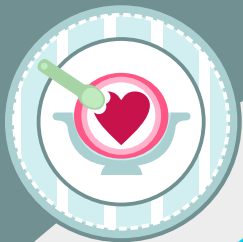
Day 4-7: Continue with breakfast and add a lunch comprising of a yellow vegetable or sweet potato. Lunch to be given between morning and afternoon milk feeds.

Day 7 onwards: Introduce a dinner comprising of 1-2 teaspoons of vegetables that have previously been introduced. (Some mummies add a small amount of rice cereal to this meal, but this routine should not be continued for longer than a month after introduction of solids. At this point the baby can start to eat a combination of two vegetables for dinner, or a protein can be added).

♥ Dr Diana Inspiration ♥

"Eating great food is a journey best appreciated with people that understand it's importance. Don't just watch us eat;

Take a bite and join us!" For more information on Dr Diana's book please visit www.dianaduplessis.co.za



2

TIPS FOR STARTING OUR EXPLORER TUMMY

From 7 months

Between 7 - 9 months is the best opportunity to introduce a combination of flavours for your baby to get used to. Adding protein and green vegetables to your baby's diet will be a new adventure over the next month.

WHY IS PROTEIN IMPORTANT:

Protein is important for your child's brain growth and muscle development. Make sure to include protein at every meal.

Foods with lots of protein include:

- red meat, chicken, fish or organ meat such as liver
- eggs
- beans, lentils or chickpeas
- tofu
- nuts

These foods also contain other useful vitamins and minerals like iron, zinc, vitamin B12 and nutrients like omega-3 fatty acids.

Iron from red meat, lentils, chickpeas, tofu and nuts is particularly important for your child's brain development and learning.



NOTE

It's normal for your baby to gag at protein textures. Just remember that they will get used to it as you keep on introducing these new flavours and textures.

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The rule with protein products is: "Eat your meat, for the brain to speed".

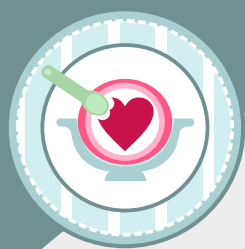


PLEASE CONSULT A HEALTHCARE PROFESSIONAL ABOUT INFANT FEEDING AND INTRODUCTION TO SOLIDS. Our range is developed with products that freeze well. There are additional food options to create more variety meals

HOW TO KNOW YOUR BABY HAS HAD ENOUGH:

- Cries and closes his lips; shakes head to say "no"
- Pulls away and avoids eye-contact
- Leans back in the feeding chair
- Turns his head away from the spoon
- Gets distracted and starts playing or loses interest
- Refuses to open for the next bite or even spits food out
- Covers his mouth or face with his hands
- Pushed away the spoon or the bowl
- Falls asleep

FOR TIPS & INSPIRATION FOLLOW US ON FACEBOOK & INSTAGRAM



3

TIPS FOR INTRODUCING TEXTURE

HOW CAN A BABY BE ASSISTED WITH TEXTURE INTRODUCTION

Texture introduction starts at a very young age. As babies grow they start to put everything in their mouths. This is a good thing, as long as it is clean and safe to play with. This already helps babies to “de-sensitize” their mouths, preparing them for more textured food later on.

Small toothbrushes are also a good way for them to feel a new texture in their mouth. The “dummy-feeder” with the little bag for fruits/vegetables or ice is another great way to introduce texture in those mouths

Remember that every new flavour and texture is something new. Babies will not always love it immediately, and in some cases it will take 14-20 times of introduction before they will start to accept a flavour. Be PATIENT.

This range is aimed at introducing new flavours and textures to a baby's diet after the Explorer Tummy range has been introduced.

Flavours like cinnamon, vanilla, tomato, ginger, garlic are all new in this range and will prepare your baby for your “table foods” later

GUIDELINES:

- Between 7-9 months is the best time to introduce as many flavours as possible, because babies are open to new flavours. This will create a food reference for many years to come.
- Parents should add their own food and textures to the range, to create a larger variety. Tummies full of Love is developed with products that freeze well. There are additional food options to create more mealtime choices, but these cannot always be frozen. A few good food options to include are: couscous, rice, potato, avocado, papaya, banana, baby marrow, kiwi, blueberries, pasta, and steamed vegetable cubes for kids to eat with their fingers.
- Also start to give cooked porridge for breakfast. Good examples are oats, maltabella, kreemy meal and wheat-bix. AVOID ANY SUGARY CEREALS, as they are not suitable for babies.



Introducing texture is the most challenging phase for most moms, and they usually give up too fast. Yes, your baby will take longer to eat. Take yourself for example: it's easier to sip down a yogurt than to actually eat a whole apple? Your baby will prefer the easy way, but it is our responsibility to make sure this phase takes place. This can have a major impact on the rest of a baby's development. Even if a baby does not have teeth, babies can chew with their gums.

Remember, babies are not expected to bite off a big piece of food; we are talking about chewing. When a baby chews, they are learning to move food around with their tongues. This movement also assists in developing mouth muscles, which will help a baby with speech development. Texture introduction will also prepare a baby to join in on family meals.



Gagging is normal when coarser textures are introduced, but this reflex will disappear as your child gets use to a wider range of textures and eats it on a regular basis. Give them a chance to learn their bodies and what they are capable of.

When your baby starts to vomit during the meal and texture introduction, rather stop and mix in a bit of puree, or try again the next day. Should this persist for longer than 2 weeks, consult an occupational or speech therapist that specialises in food.

If there are signs that a baby might be sensitive to textures, not only with eating, but also while playing with different textures, advice should be sought from an occupational therapist or speech therapist sooner rather than later.

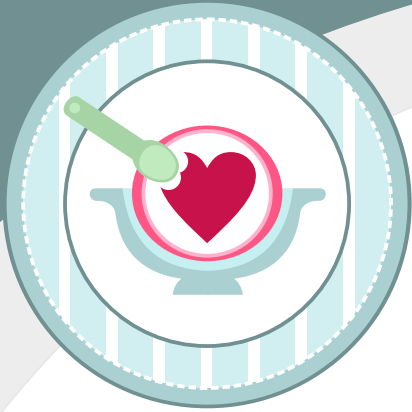
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Baby's FIRST FOODS TRACKING CHART



This chart is designed to help you keep track of what your baby has tried & guide you with lots of foods you can introduce.

Tummies Full of Love has the Tiny Tummy Range to help you start on your journey, but there are lots of foods on the chart that you can try yourself!

Knowing where to start and how to do it can be a bit overwhelming. The truth is there is no right or wrong way. As a first-time mom I found it even more stressful because then how on earth do you know what to do?

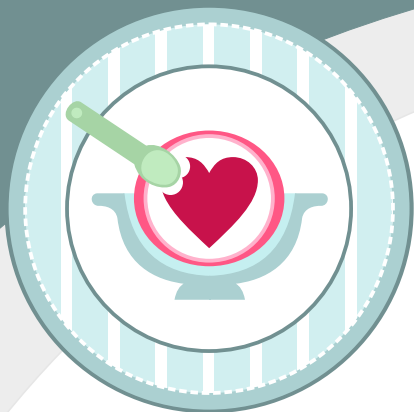
If you are conscious about what to give your baby so that they have the best start, but don't know what options are 'healthy' in the shops or you just don't have the time to stand in your kitchen and cook, steam, cool and pack new foods for your baby. Tummies Full of Love is your answer. With all their food containing no sugar, no salt and no preservatives. It's a good nutritious place to start. When starting with solid foods it is recommended to stick to the same thing for three days and then change onto something new. This can get a bit confusing after a few weeks, trying to remember what you have and haven't tried and/ or what else you can experiment with.

Introducing solid foods is one of the most exciting (and messy) moments for you and your baby!

Bonita Schulze

Qualified Foundation Phase and Early Childhood Development teacher. She is also a qualified Integrated Learning Therapy Practitioner. With over 10 years experience in both South Africa and abroad she has seen the importance and direct effect nutrition has on learning. She has recently completed her honors in Educational Psychology and became a new mom.





Baby's FIRST FOODS TRACKING CHART



VEGETABLES

Sweet Potato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butternut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baby Marrow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beetroot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggplant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red Pepper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FRUITS

Banana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avocado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apricot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiwi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Melon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Papaya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pineapple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cherries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PROTEINS

Nut Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lentils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chickpeas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SPICES / FLAVORS

Cinnamon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garlic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lemon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tumeric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thyme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GRAINS

Oatmeal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Barley	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole Wheat Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAIRY

Yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cottage Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FINGER FOODS TO TRY

Cubed Papaya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cubed Avo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steamed Vegetable Cubes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grated Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scrambled Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

