



MAGIES VOL LIEFDE TUMMIES FULL OF LOVE

♥ Baby & Toddler Food ♥

www.tummiesfulloflove.co.za

1 TINY TUMMY MEAL PLAN From 6 months



Combinations of 2 TINY TUMMY flavours can be given if your baby has tasted the individual flavour at least 14 times.

Please note that every baby is different & will indicate when they want more food

The meal plan is designed that you don't waste food. Once defrosted, spoon out the amount needed and refrigerate the rest for the next meal or day.

Do not feed your baby directly from the tubs, tubs can be divided while frozen. Take a look at our website instructions on defrosting.

MONTH PACK = 1 MONTH SUPPLY:

- 16 Tubs Sweet Potato
- 16 Tubs Butternut
- 11 Tubs Carrot
- 8 Tubs Apple
- 2 Tubs Merry Berry
- 2 Tubs Prune, Oats & Quinoa



For reflux babies, you may exchange carrot with butternut / sweet potato flavours.

BREAKFAST

MEAL 1

MEAL 2

DAY		BREAKFAST	MEAL 1	MEAL 2
DAY	1	Baby Cereal & Fruit (½ Tub Apple)	½ Tub Sweet Potato	½ Tub Butternut
DAY	2	Baby Cereal & Fruit	½ Tub Butternut	½ Tub Sweet Potato
DAY	3	Baby Cereal & Fruit (½ Tub Merry Berry)	½ Tub Carrot	½ Tub Sweet Potato
DAY	4	Homemade Baby Cereal Recipe on our website	½ Tub Sweet Potato	½ Tub Carrot
DAY	5	Baby Cereal & Fruit (½ Tub Apple)	½ Tub Butternut	½ Tub Sweet Potato
DAY	6	Baby Cereal & Fruit	½ Tub Sweet Potato	½ Tub Butternut
DAY	7	Baby Cereal & Fruit (½ Tub Apple)	½ Tub Sweet Potato	½ Tub Carrot

7 DAY MEAL PLAN EXAMPLE, ADJUST ACCORDING TO BABY'S NEEDS

This is only an indication of a meal plan for one week. Suitable for a baby that has been introduced to basic flavours in small amounts until they reach ½ tub per meal. 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. Recipes available on our website.

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TIPS FOR STARTING WITH SOLIDS From 6 months

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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 rootbos 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 palate 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 preference. **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 the 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 its importance. Don't just watch us eat. Take a bite and join us!"

For more information on Dr Diana's book please visit www.dianadclasses.co.za

