

BRAUN



Baby Nutrition Guide



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Welcome



Marlein Auge is a qualified ecotrophologist and dietitian. Along with presentations and cooking classes, in which she provides inspiration for a balanced diet, she has been writing nutrition guides and cookbooks under the pseudonym Anne Iburg since 1999. She has published more than 30 books, and has established herself as a notable author in the field of child nutrition, with several Amazon bestsellers on the topic of infant nutrition and recipes for young children. Her own experience as a mother gives her books a personal touch. Her books provide practical ideas and tips for young parents, and her scientific background provides reassurance.

In the age of social media, nutrition is a major topic. Information on this topic, however, is often very contradictory and confusing. More and more parents are seeking peace of mind and are focused on finding the right diet for their children. By cooking their own baby food, parents can be confident that they have prepared a natural, healthy meal for their child. And with the right equipment, preparing baby food can be quick and easy!

To help parents in feeding their children, this Braun guide contains tried-and-tested recipes for everything from purees and solid baby food to family meals, all with guaranteed success, and photos to whet your appetite! As well as these recipes, the guide provides helpful preparation and nutrition tips.

Marlein Auge and Braun hopes you enjoy trying out these recipes and wishes the whole family "Bon appétit"!

The stages of feeding

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- | | | |
|----------|---|--|
| 1 | Milk-only diet
From birth until around 5 months | From birth until around 5 months, your baby will get all the nutrition it needs from breast or formula milk |
| 2 | Baby's first foods
From around 5 until 7 months | Baby's regular milk plus simple, soft purées made from one or two fruits or vegetables |
| 3 | Next steps
From around 7 until 9 months | Baby's regular milk plus fruit, vegetable and rice purées, with the addition of well puréed meats, other legumes, soft pasta, fromage frais and soft finger foods |
| 4 | More adventurous
From around 9 until 12 months | Less milk, thicker purées, more chopped foods, cheese and eggs, more finger foods like chopped soft fruits and vegetables, toasted bread, with dips, soft sandwiches |
| 5 | Toddlers
From around 13 until 23 months | Expanding the variety of foods to include many family foods
Eating family meals |
| 6 | Pre-school and beyond
From 24 months upwards | Eating family meals |
-

Homemade food: best for your baby, rewarding for you

Preparing homemade food is the best way to ensure your little one gets the best nutrition; vitamin-packed fresh fruit and vegetables with none of the colourings, flavourings or additives that a tiny tummy simply does not need!

Blending your choice of ingredients into delicious, fresh meals also helps your baby develop healthy eating habits and can provide a wide variety of tastes and textures. And it's so simple! With the MultiQuick 5 Baby hand blender, most dishes take just a few minutes to create. Many can be made in large quantities and frozen for extra convenience and some can even be shared with the rest of the family—no matter what their age.

What's more, making food from scratch can actually save you money, especially if you make a large batch and freeze some for future meals. So where do you start? This booklet offers a range of suggestions, but there are many more on our website... and when you're more confident about what keeps your baby healthy and happy, you can even experiment with some of your own.



**Puréeing foods
is a great way
to start feeding
your baby**



Please note:

The recipes in this booklet have been carefully selected but in case of doubt—especially in case of known or suspected allergies—you should always check with your paediatrician or doctor. For questions regarding quantities and processing times please refer to your hand blender use instruction.

What do I need to quickly prepare nutritious food for my baby and toddler?

Most of us buy readymade baby food from time to time, but there's no better way to make sure food is nutritious and tasty than to prepare it yourself from fresh ingredients. However there are so many different things that are competing for your time, from looking after the house to caring for your child. That's where your MultiQuick 5 Baby hand blender comes in, quickly and easily puréeing and chopping food for your baby or toddler, with far fewer splashes to clean up.

Items you will need to prepare food for your baby and toddler:

- MultiQuick 5 Baby hand blender with beaker and chopper attachment
- Storage containers for freezing
- Bowls and pots for food preparation

Other items you will need for feeding:

- A high chair
- Place mats
- Baby weaning spoons
- Bowls for serving – with suction pads to stop them being knocked on the floor
- Bibs



Weaning spoons that let babies take food with their lips are a good idea – young babies can't use their tongues to lick solid foods

Milk-only diet



Remember, at first, your baby will still need the same amount of breast milk or formula in addition to any solid foods you are introducing.

Whether you choose to breastfeed, use formula, or a bit of both, milk provides all the nutrition your baby needs from birth until around 5 months age. Breast milk is free, natural and adapts to the changing nutritional needs of your growing baby. It also helps protect your baby from infections, because mum's antibodies are passed into the milk. It's convenient as it reduces the need to spend time sterilising bottles and other feeding equipment. In addition, breastfeeding helps the womb return to its normal size and burns calories, so it can help mums get back into shape more quickly after giving birth.

Some mums, however, find breastfeeding difficult. This may be because they are not producing enough milk to satisfy their baby. Advice and support is available from your paediatrician or midwife and several organisations with trained breastfeeding counsellors. Others want to let dad have a go at feeding or simply prefer to bottle-feed. From around 5 months, whether you breastfeed or use formula, you will start to notice that your baby needs more than milk to satisfy their hunger. It's around this time that weaning on to solid foods begins.

How do I know when to start weaning?

Babies are ready to eat solid foods at different ages although generally weaning starts at around 5 months. If you are thinking of starting weaning before 5 months, it is best to talk to your doctor or paediatrician first.

Some of the signs your baby might be ready to start solid foods include:

- She can sit up
- She wants to chew and puts things in her mouth
- She can reach and grab accurately
- She appears to be still hungry after increasing milk feeds for a few days
- She is showing interest in other people's eating



First tastes

How do I start?

Purées are the best way to introduce your baby to a mixed diet. These smooth mixtures of fruit, vegetables are easily prepared using your MultiQuick 5 Baby hand blender. To begin with, keep purées quite runny and very smooth using your Braun Multiquick hand blender on a high speed. Use water, breast milk or formula to achieve the right consistency.

You should always wash fruits and vegetables and remove stalks, cores and seeds and remember, most fruits and vegetables will need to be cooked before serving to soften them.

Making purées

Making purées is easy with the right equipment. First, peel or scrub your fruit or vegetables and cut into pieces. Simmer or bake if required but avoid adding salt or sugar. Blend thoroughly using your MultiQuick 5 Baby hand blender. If there are any pips or fibres, push the purée through a sieve using the back of a spoon. Add a little vitamin-rich cooking water or your baby's usual milk if you need more liquid.

Storing what you make

It is most cost and time effective to make batches of food for your baby and then freeze them. At the early stages of weaning, ice cube trays with fitting lids make perfect containers for portion-sized fruit and vegetable purées. As your baby's appetite grows you will need to store food in larger, freezable containers with lids.

How much, how often?

Start with 1-2 teaspoons of puréed fruit or vegetable once a day. When your baby is happy to take more, offer solids twice a day.

Tips for storing food:

- Only use a freezer that can freeze food to -18°C in 24 hours
- Always reheat foods until they are piping hot. Allow to cool and test temperature yourself before serving to your baby
- You should not refreeze food that has been defrosted, except for raw frozen food that has been cooked
- You should use or dispose of frozen baby food within two months of freezing it
- Do not freeze bananas or avocados

Carrot potato purée

Makes 6 portions
 Makes approx. 400 g
 Cooking time:
 approx. 15 mins

Ingredients

- 200 g carrots, peeled and diced
- 200 g potatoes, peeled and diced
- 1 tsp vegetable oil

Preparation

1. Boil the vegetables in water and oil until tender.
2. Purée in the beaker with the MultiQuick 5 Baby hand blender and adjust the texture with boiled cooled water or baby's usual milk.



Apple blueberry purée

Makes 4 portions
Makes approx. 100 g
Cooking time:
approx. 15 mins

Ingredients

- 30 g blueberries
- ½ small ripe apple (approx. 70 g)

Preparation

1. Peel the apple and chop into small pieces.
2. Place the apple in a pot with a small amount of water.
3. Steam the apple on a low heat until soft for approx. 5 -10 min. Add the blueberries shortly before the apple is done.
4. Once cooled down, place the fruit in the chopper and blend to a smooth consistency.
5. Add water as needed.



Banana apple purée

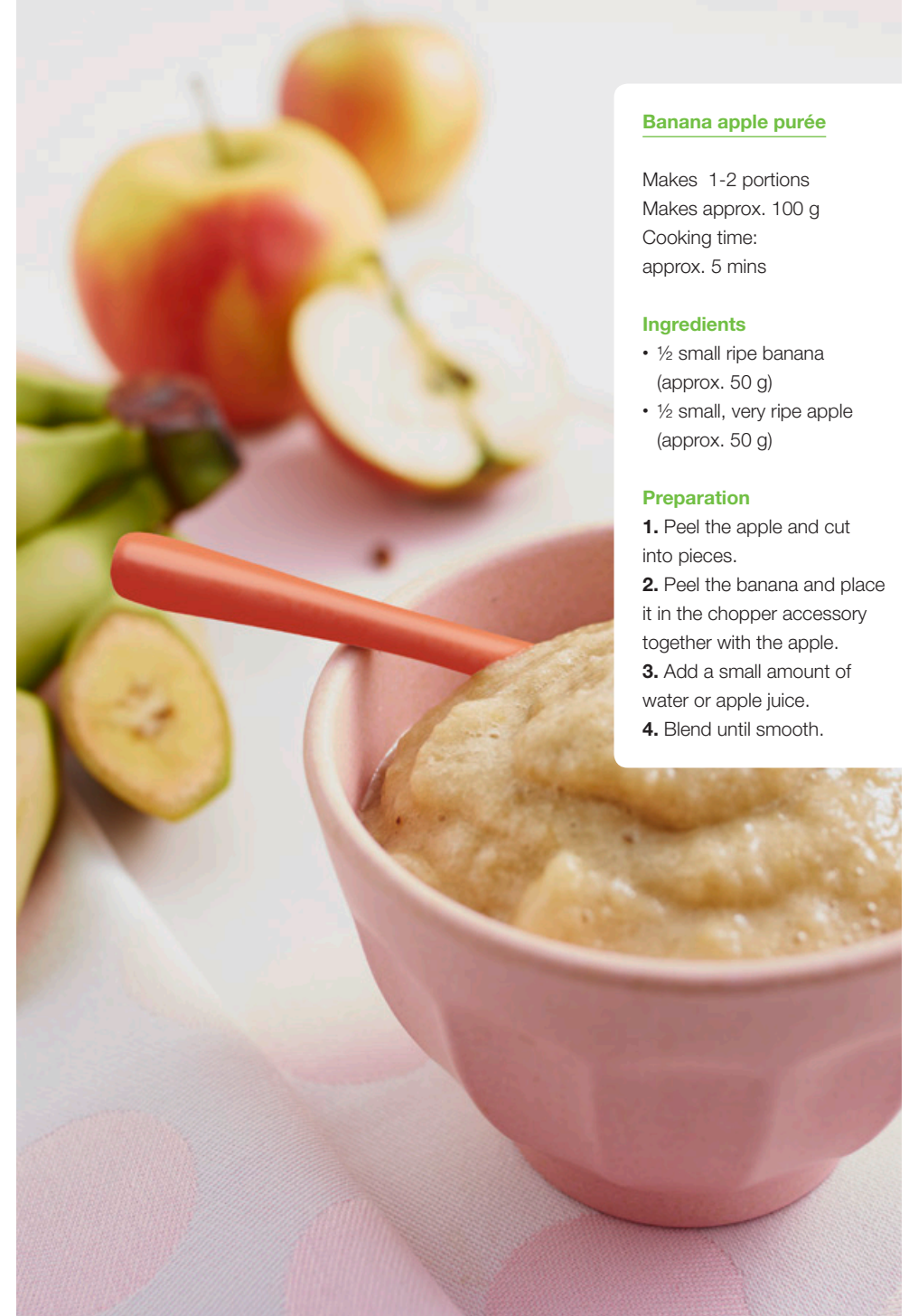
Makes 1-2 portions
Makes approx. 100 g
Cooking time:
approx. 5 mins

Ingredients

- ½ small ripe banana (approx. 50 g)
- ½ small, very ripe apple (approx. 50 g)

Preparation

1. Peel the apple and cut into pieces.
2. Peel the banana and place it in the chopper accessory together with the apple.
3. Add a small amount of water or apple juice.
4. Blend until smooth.



Next steps

“ Don't start feeding if you are in a hurry. Your baby will have no idea that you might need her to finish up quickly. ”

Most babies become familiar with the taste of simple fruit and vegetable purées within a few weeks of starting weaning and then it's time to move on to:

- Puréed meat or chicken
- Purées containing rice, very soft cooked pasta, cereals, lentils
- Purées containing full-fat milk

Your growing baby will also welcome meals that are more textured and chewy than the smooth purées you prepared at the start of weaning so use your MultiQuick 5 Baby hand blender to purée food on slower speeds and for shorter times to provide a thicker, chewier texture. Chewing food helps the muscles of the mouth to develop and this in turn can help your baby's speech development.

Although breast or formula milk remains an important part of a small baby's diet, by this stage the quantity of solids will be increasing and three meals a day will be taken.

Please be aware that if you are using milk for your baby's purée, try not to exceed the recommended daily amount of 200 ml at this age.

Remember children must be supervised at all times when eating in case of choking.

Does it have to be organic?

Some mums prefer to offer only organic meals, others mix and match. It all depends on what you want to eat and what you can afford. Whatever you choose, it is important to make sure you wash fruit and vegetables thoroughly and observe good standards of hygiene in the kitchen.

Spinach potato purée

Makes 6-8 portions
Makes approx. 400 g
Cooking time:
approx. 20 mins

Ingredients

- 1 tbsp vegetable oil
- 40 g leek
- 1 potato, peeled
- 175 ml water
- 60 g fresh baby spinach, washed and stalks removed

Preparation

1. Cut the leek into chunks and chop it in the chopper accessory.
2. Stew the leek in vegetable oil until soft.
3. Cut the potato into pieces, and then add to softened leek.
4. Pour on water, then bring to boil, cover and simmer for 6 mins.
5. Add spinach and cook for 3 mins.
6. Allow the mixture to cool and place in the beaker, then purée using the MultiQuick 5 Baby hand blender.



Beef potato carrot purée

Makes 8-10 portions
Makes approx. 400 g
Cooking time: 60 mins

Ingredients

- 200 g beef steak, cubed
- 2 tsp olive oil
- 1 carrot peeled and cut into 2 inch pieces
- 2 potatoes, peeled and diced
- 250 ml water

Preparation

- 1.** Place the beef in a pot with a small amount of water and cook for 30 mins until almost tender.
- 2.** Place the oil in the pot and add the carrots, potatoes and water, stir and bring to the boil. Then, reduce the heat, cover and simmer gently until the beef and vegetables are tender.
- 3.** Purée in the pot using your MultiQuick 5 Baby hand blender until you achieve the required texture for your baby.



Cauliflower cheese

Makes 3-4 portions
 Makes approx. 450 g
 Cooking time: 15 mins

Ingredients

- 200 g cauliflower, washed
- 15 g butter
- 2 tsp of plain flour
- 200 ml milk
- 40 g grated lighter tasting cheese (e.g. gouda)

Preparation

1. Divide cauliflower into small florets and either boil or steam for 10-12 mins.
2. Meanwhile, make the sauce by melting the butter in a small pot, stirring in flour to make a smooth paste, adding milk and stirring until thickened.
3. Remove pot from heat and stir in the grated cheese. Add cauliflower and purée in the pot using your MultiQuick 5 Baby hand blender.



Turkey potato purée

Makes 4 portions
 Makes approx. 300 g
 Cooking time: 30 mins

Ingredients

- 100 g turkey, finely diced
- 100 g potato, diced
- 100 g carrots, cut into pieces
- 1 tsp vegetable oil
- water for processing

Preparation

1. Cook the turkey in a pot in a small amount of water for 20 mins until almost tender.
2. Place the potatoes and the carrots in the pot and add water as needed for the processing.
3. Add one teaspoon of vegetable oil.
4. Once the turkey, potatoes and carrots are tender, blend using your MultiQuick 5 Baby hand blender until a fine purée is obtained.



Getting more adventurous

“**At around nine months, encourage your baby’s interest in feeding himself by giving him the spoon, while you help with another spoon. It will be messy to start with!**”

Between 9 and 12 months, your baby is likely to have developed a few favourite foods. Smooth purées are likely to be less popular now.

You may also notice that your baby starts refusing to eat, becoming interested in the exciting world around it. This may coincide with a refusal to be spoon-fed. While this can be challenging, be patient—it is a positive stage of development and a step towards your baby enjoying the same foods as the rest of the family.

As the months pass, you should continue to broaden your baby’s palate with new tastes. Vegetables and hard fruit should all be well cooked and cut into sticks or roughly blended using your MultiQuick 5 Baby hand blender on a low speed. Meats should also be given cooked and roughly puréed or finely chopped.

Around 12 months, a small amount of harder cheese such as cheddar can be given as finger food as it is rich in protein, packed with calcium for healthy teeth and bones and offers plenty of energy-giving fat to use at this age. Whole eggs (which should be well cooked) can also be included and are full of protein and essential vitamins.

Kitchen hygiene

- Always wash your hands before preparing food and check that your child’s hands are clean before eating
- Wipe any surfaces that come into contact with food regularly using an anti-bacterial cleaner
- Wash chopping boards and any utensils immediately after use and allow to air dry
- Only use newly clean cloths to dry your baby’s plates, bowls, cups and cutlery

Courgette dip

Makes 4 portions
Makes approx. 300 g
Cooking time: 15 mins

Ingredients

- 2 courgettes, cut into chunks
- 75 g cream cheese
- Tiny pinch of paprika
- Tiny pinch of fresh dill

Preparation

1. Boil or steam the courgettes until soft (6-8 mins).
2. Then purée them in a beaker using the MultiQuick 5 Baby hand blender and leave to cool.
3. Mix in the cream cheese, add herbs, then serve.
4. Serve with pieces of toast.



Peach yoghurt smoothie

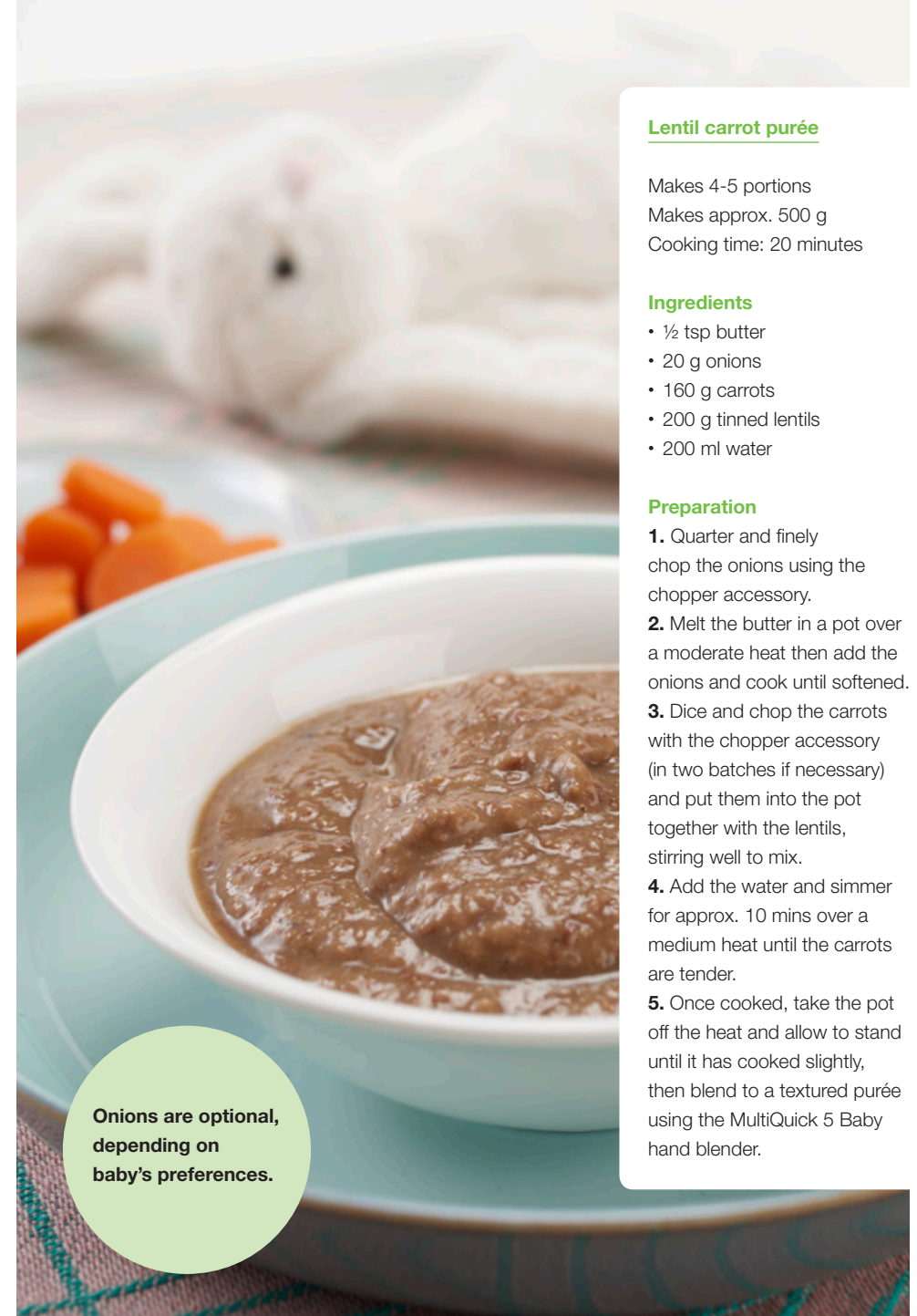
Makes 3 portions
 Makes approx. 250 ml
 Cooking time: 3 mins

Ingredients

- 100 ml yoghurt – either plain, vanilla or flavored
- ½ peach, skinned and diced
- 100 ml milk

Preparation

1. Place all ingredients together in the beaker and blend using the MultiQuick 5 Baby hand blender.



Lentil carrot purée

Makes 4-5 portions
 Makes approx. 500 g
 Cooking time: 20 minutes

Ingredients

- ½ tsp butter
- 20 g onions
- 160 g carrots
- 200 g tinned lentils
- 200 ml water

Preparation

1. Quarter and finely chop the onions using the chopper accessory.
 2. Melt the butter in a pot over a moderate heat then add the onions and cook until softened.
 3. Dice and chop the carrots with the chopper accessory (in two batches if necessary) and put them into the pot together with the lentils, stirring well to mix.
 4. Add the water and simmer for approx. 10 mins over a medium heat until the carrots are tender.
 5. Once cooked, take the pot off the heat and allow to stand until it has cooked slightly, then blend to a textured purée using the MultiQuick 5 Baby hand blender.

Onions are optional, depending on baby's preferences.

Tomato soup

Makes 4 Portions
 Makes approx. 250 g
 Cooking time: 25 mins

Ingredients

- 1 tbsp vegetable oil
- ½ garlic clove
- 30 g carrots, cut into pieces
- 200 g canned tomatoes
- 1 tbsp tomato purée
- pinch of sugar
- 2-3 basil leaves

Preparation

1. Stew the garlic and carrot until soft in a small pot with vegetable oil and a small amount of water, then add the canned tomatoes, tomato purée and sugar.
2. Simmer for 10 mins, stirring occasionally, then add the basil and blend in the pot using the MultiQuick 5 Baby hand blender, just before serving.
3. Serve with pieces of toast or rice cakes.



Garlic is optional, depending on baby's preferences.

Chicken pear purée

Makes 3-4 Portions
 Makes approx. 700 g
 Cooking time: 30 mins

Ingredients

- 1 skinless chicken breast, diced
- 1 pear, cored and diced
- 1 sweet potato, peeled and diced
- 120 g courgette, finely diced
- 250 ml low salt vegetable or chicken stock

Preparation

1. Place the stock in a small pot and bring to boil.
2. Add the chicken, reduce the heat and simmer for 20 mins.
3. Add the sweet potato and pear and simmer for another 10 mins.
4. Add the courgette and simmer for 5 more mins, until all ingredients are cooked and tender.
5. Purée in the pot using your MultiQuick 5 Baby hand blender.



Toddlers



Create routines and rituals for coming to the table such as washing hands or a special song.

Although toddlers can eat many of the same foods as adults, they can't eat large amounts of food in one sitting despite needing to take in lots of calories. They need snacks between mealtimes, but remember that healthier, homemade snacks are best, particularly things that are easy to make with your MultiQuick 5 Baby hand blender, such as vegetable dips to go with crudités or pieces of toast.

By this stage, mealtimes should be a communal event where you all eat together. It is a great idea to try and create meals for your toddler that mimic what the other members of the family are eating. Remember though that your baby will still enjoy food being relatively soft and easy to eat.

So fussy!

Unfortunately, it's at the toddler stage that many parents start to experience the dreaded fussy eater. This may be less likely to happen however if the child has had exposure to a good range of individual foods at the early weaning stage. Praising your child when they do eat rather than becoming frustrated or even angry when they don't is the best way to encourage a fussy child to broaden the range of foods it will eat. You can also experiment with how you present food. Try giving new foods with favourite foods or cutting food into exciting shapes. Remember babies will be watching what you eat, so try to set a good example. Gradually a child will develop a wider range of tastes making a balanced healthy diet much easier to achieve.

**Potato leek soup**

Makes 4-6 portions
Makes approx. 1 l
Cooking time: 25 mins

Ingredients

- 15 g butter
- 1 leek, washed and thinly sliced
- 250 g potatoes
- 500 ml unsalted fresh vegetable stock
- 2 bay leaves
- 100 ml single cream

Preparation

1. Melt the butter in a pot.
2. Add the leek and sauté until soft.
3. Cut the potatoes into chunks and put them into the pot. Add the stock and bay leaves.
4. Cover, bring to boil, then reduce the heat slightly and simmer for 15 mins until the potatoes are soft. Add the cream and remove from the heat.
5. Remove bay leaves and blend in the pot until smooth using the MultiQuick 5 Baby hand blender.

Cheese and spinach burgers

Makes approx. 6 burgers
Cooking time: 30 mins

Ingredients

- 4 slices stale white bread
- 400 g tin butter beans, drained and rinsed
- 1 egg, beaten
- 100 g defrosted or fresh spinach
- 1 tsp dried thyme
- 50 g cheddar, grated
- ½ clove garlic, crushed
- 2 tbsp vegetable oil

Preparation

1. Tear the bread into small pieces, place in the chopper accessory and whiz into breadcrumbs (in two batches if necessary).
2. Blend the beans using the MultiQuick 5 Baby hand blender and beaker.
3. Pour into a bowl and insert the beaten egg, spinach, thyme, cheese and garlic. Stir in half the the mixture into 6 patties and dip into the remaining breadcrumbs.
4. Shape the mixture into 6 patties and dip into the remaining breadcrumbs.
5. Heat the oil in a frying pan and fry the burgers for 2-3 mins each side, until they turn golden brown.
6. Serve with salad or burger buns.

Garlic is optional, depending on baby's preferences.



Beef with red kidney beans

Makes 6 portions
Makes approx. 1500 g
Cooking time: 40 mins

Ingredients

- 1 tbsp vegetable oil
- 50 g onion, quartered
- 1 clove garlic, crushed
- 150 g minced beef
- 400 g canned tomatoes
- 400 g canned red kidney beans, drained
- 1 yellow pepper, chopped
- 2 tbsp tomato purée

Preparation

1. Chop the onions using the chopper accessory. Heat the oil in a pot and fry the onions and garlic for 2 minutes.
2. Add the beef and fry for another 5 minutes until browned.
3. With your MultiQuick 5 Baby hand blender purée the tomatoes in a bowl and then stir in the kidney beans, yellow pepper and tomato purée.
4. Pour everything into the pot, bring to boil and simmer gently for 20-25 minutes.

Onions and garlic are optional, depending on baby's preferences.





Hidden vegetable pasta

Makes 3-4 portions
Makes approx. 450 g
Cooking time: approx. 20 mins

Ingredients

- 1 tsp vegetable oil
- 50 g onion, quartered
- 30 g carrots, cut into pieces
- 80 g courgette, cut into chunks
- 250 g canned chopped tomatoes
- 1 tbsp fresh unsweetened apple juice
- fresh basil leaves, chopped
- 35 g dried pasta shapes, cooked according to manufacturer's instructions

Preparation

1. Chop the onions with the chopper accessory and soften them in a pot with the oil over a moderate heat.
2. Put the carrots and courgettes into the chopper, add them to the onions and cook until soft.
3. Pour the tomatoes into the pot and let simmer for approx. 5 mins.
4. Add the apple juice and the fresh basil and cook until the sauce thickens.
5. When the sauce is ready, stand until slightly cooled, blend at low speed with the MultiQuick 5 Baby hand blender for a few seconds and add sauce to the cooked pasta.

Pre-school and beyond

By the time they reach their second birthday, children should be eating smaller amounts of similar foods to the rest of the family and plenty of fruit and vegetables.

By this stage their diet should contain more of the poly-unsaturated fats found in fish and vegetable oils and avoiding excess use of foods with a high saturated fat content such as butter, cheese, fatty meats and bought cakes and pastries.

Superfruit smoothie

Makes 3-4 portions
 Makes approx. 500 ml
 Cooking time: approx. 5 mins

Ingredients

- ½ banana
- 210 ml whole milk
- 210 g frozen berries
- 1 tsp wheat germ
- Pulp from one vanilla pod

Preparation

Place all ingredients in the beaker and blend until smooth with your MultiQuick 5 Baby hand blender. Chill before serving.



Nut Bars

Makes approx. 20 small bars
 Cooking time: 2 hours

Ingredients

- 75 g any nuts
- 250 g whole oats
- 125 g plain flour
- ½ tsp bicarbonate of soda
- 175 g butter
- 80 g runny honey
- 200 g jam

Preparation

1. Preheat the oven to 180°C.
2. Chop the nuts using the chopper accessory.
3. Melt the butter and place it in a bowl together with the oats, flour, bicarbonate of soda, nuts and honey. Mix the ingredients together until well combined.
4. Spoon about three quarters of the mixture on a greased 30 x 20 cm baking tray and press down well with the back of a spoon.
5. Spread the jam over the top in an even layer then crumble the remaining oat mixture over the jam, give it a final press and bake for 30 mins.
6. Remove from the oven, allow to cool for 1 hour before cutting into bars and serving.

Use the bars as a treat for your baby.

Beef and pumpkin risotto

Makes 8-10 portions
 Makes approx. 900 g
 Cooking time: 20-25 mins

Ingredients

- 30 g butter
- 1 tbsp oil
- 1 medium onion, quartered
- ½ garlic clove crushed
- 200 g beef mince
- 250 g risotto rice
- 1 l hot chicken stock
- 300 g pumpkin, diced
- 100 g mushrooms, sliced
- 40 g parmesan cheese

Preparation

1. Chop onion and garlic using the chopper accessory.
 2. Heat butter and oil in a large pot, add onion and garlic and sauté over medium heat until lightly brown.
 3. Add beef mince, and stir-fry over high heat for 5 minutes, until well browned.
 4. Add rice, fry for 1 minute. Then add a quarter of the stock and stir continuously for 2 mins, until liquid is absorbed.
 5. Keep adding stock, a little at a time, stirring in the pumpkin, and mushrooms after half the stock has been added. Keep adding and stirring until all liquid has been added and rice is soft.
 6. Chop the parmesan cheese with the chopper accessory and put it in the pot while stirring.
 7. Remove from heat, and serve immediately.
- For older family members, Risotto can be seasoned with salt & pepper.



For younger babies, you can purée this dish using your MultiQuick 5 Baby hand blender.

Lasagne

Makes 10-12 portions
 Makes approx. 1300 g
 Cooking time: 60 mins

Ingredients

- 1 tbsp oil
- 250 g lasagne sheets
- 300 g minced beef
- 400 g tomatoes, canned or fresh and diced
- 2 carrots
- 2 courgettes
- 3-4 cauliflower florets
- 3-4 broccoli florets
- 2 tbsp butter
- 60 g plain flour
- 500 ml milk
- 150 g grated cheese

Preparation

1. Preheat the oven to 180°C.
2. Brown beef with the oil in a pot at low heat then add tomatoes. Finely slice all vegetables, add them to beef and tomatoes, cover and simmer.
3. For the cheese sauce, melt butter in a pan, add flour and cook while stirring for about 1 min.
4. Add the milk and stir constantly over low heat until sauce thickens. Then add cheese and stir until melted.
5. When beef, tomato and vegetable mix has thickened, pulse quickly using your MultiQuick 5 Baby hand blender.
6. Layer lasagne sheets, mince sauce and cheese sauce alternately in an oven dish, with cheese sauce on top.
7. Sprinkle with grated cheese and bake in the oven for 20-30 mins.



General feeding advice for all ages

ALLERGIES

How common are food allergies?

The prevalence of food allergy and intolerance in infants from birth to 3 years ranges between 2-4%. A small number of foods account for most food allergies. These are cow's milk, hen's eggs, soy, nuts, wheat, fish and shellfish. Around 90% of children have grown out of their allergy at 3 years old.

General guidance on peanut allergies

The Food Standards Agency and Department of Health in the UK has recently concluded that peanuts (not whole peanuts) can be introduced into the diet of children after the age of six months.

In high-risk children (i.e. children who have a family history of allergy or children who already have a food allergy), peanuts can be introduced after the age of six months after discussion with a general practitioner, health visitor or medical specialist that it is safe to do so.

Cow's milk protein allergy

If your child has a reaction to cow's milk, you should see your paediatrician. If cow's milk protein allergy is diagnosed, you will have to eliminate all cow's milk and cow's milk products from your child's diet. Omitting all foods containing milk from a child's diet could mean them having a low intake of protein, calcium and energy, so it is essential that you are referred to a paediatric dietitian for advice on what to feed your child to keep them healthy and growing well.

FOODS TO AVOID:

Salt

Never add salt to foods for babies and avoid the use of stock containing added salt. If you are planning to make a purée using what you have cooked for other members of your family, don't add salt during the preparation—older family members can add salt at the table if they want to.

Sugar

Adding sugar can encourage tooth decay in baby teeth. Use substitutes such as puréed banana, or breast or formula milk to sweeten food if you think it is necessary.

Honey

Avoid honey until your baby is 12 months old as it can occasionally contain bacteria. It can also lead to tooth decay.

Nuts

Whole nuts should not be given to children under 5 years to avoid the danger of choking.



Essential vitamins and minerals

It is essential that your baby or toddler gets all the vitamins your baby needs for healthy development:

	How it helps	Where to find it
Vitamin A	<ul style="list-style-type: none">• Healthy skin• Preventing infections• Good eyesight especially night vision• Overall growth	<ul style="list-style-type: none">• Oily fish, liver and eggs• Carotenes, found in orange, red and dark green vegetables are converted to vitamin A in the body
Vitamin B	<ul style="list-style-type: none">• Boosts the nervous system• Needed to convert food into energy	<ul style="list-style-type: none">• Yeast extract, milk produce, fish eggs, meat, cereals, nuts, seeds and vegetables
Vitamin C	<ul style="list-style-type: none">• Protects cells from damage• Helps wounds to heal• Helps absorb iron	<ul style="list-style-type: none">• Citrus fruits, tomatoes, broccoli, spinach, peppers and blackcurrants
Vitamin D	<ul style="list-style-type: none">• Needed for absorption of calcium	<ul style="list-style-type: none">• Sunlight, oily fish, eggs, fortified margarines and spreads
Vitamin E	<ul style="list-style-type: none">• Antioxidant that protects cell structures in all parts of the body	<ul style="list-style-type: none">• Avocado, vegetable oils, fish, eggs, walnuts, nuts and seeds
Calcium	<ul style="list-style-type: none">• Vital for strong, healthy bones and teeth	<ul style="list-style-type: none">• Milk, cheese and yoghurt, tinned fish with edible bones (like salmon, pilchards and sardines) and white bread
Iron	<ul style="list-style-type: none">• Vital for healthy blood. Because red meat is the best source, it is even more important for non- meat eaters to consume plenty of vitamin C to aid iron absorption	<ul style="list-style-type: none">• Red meat, liver, oily fish, ready to eat apricots, other dried fruits, pulses, leafy green vegetables and fortified breakfast cereal





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