



THE BABY FOOD GUIDE DR KAREN SINGH

Bubs will show signs of eagerness to explore the journey of culinary delights around 6 months.

nourish.

6 - 9 MONTHS

At this stage it is preferable to cook the fruit or vegetables before serving. Try steaming, stewing or baking, and then puree or mash. Organic produce is highly recommended.

FRUIT

Avocado
Cantaloupe / Honeydew
Kiwifruit
Mango
Nectarine - skin & stone removed
Papaya
Peach - skin & stone removed
Pear
Plum - skin & stone removed

VEGETABLES

Courgette
Celery
Green beans
Mushrooms
Pumpkin
Squash
Yellow squash

GRAINS

Gluten-free grains
Ground cereals
Amaranth
Brown Rice Cereal (followed by flakes or grains)
Millet
Quinoa (low-gluten)
Sago
Tapioca

FATS & PROTEIN

Avocado
Avocado Oil & Olive oil (small amounts)
Flaxseed oil - 1 teaspoon per day
The oil can be mixed through after the meal is prepared

9 - 12 MONTHS

All fruit and vegetables can also be juiced and diluted; 1/3 juice to 2/3 water. All nuts* and seeds* can be added to meals or used in baking.

Ensure all foods are free of preservative sulphur dioxide 220.

Oils can be used as dressings, baking or frying.

**foods may cause allergic reactions*

FRUIT

Apple
Apricot
Banana
Berries
Citrus fruit
Fig
Grapes
Pineapple
Watermelon

VEGETABLES

Asparagus
Beetroot
Bok Choy
Broccoli
Brussel Sprouts
Cabbage (outer leaves)
Carrot
Cauliflower
Collard Greens
Cucumber
Hijiki
Kelp
Lettuce
Nori
Parsley
Peas/Snow Peas
Sweet Potato
Spinach
Wakame
Yam

GRAINS

Brown Rice products
Cakes
Crackers
Flakes
Puffs
Gluten Grains - Barley
Pastas- GF/Wheat/Additive free

FATS & PROTEIN

Adzuki Beans
Almonds*
Beef
Chick Peas
Chicken
Egg Yolk
Lamb
Macadamia Oil*
Miso
Natto
Pecans*
Pumpkin seeds*
Sesame Seeds*
Sesame Oil*
Soy Beans
Soy Milk* (Organic GMF)
Soy Yoghurt*
Sunflower seeds*
Tempeh
Tofu
Tree nuts
Turkey
Walnut Oil*
Walnuts*

OTHER

Agave Syrup
Arrowroot
Baking Powder
Coconut Oil
Golden Syrup
Maple Syrup
Molasses
Nut Butters*
Potato Flour
Pure Icing Sugar
Pure Maize Cornflour
Rice Flour
Potato Flour/Starch
Soy Flour
Unhulled Tahini*

12 - 18 MONTHS

Start with goats milk products and slowly introduce cow products.
Consume in moderation and small amounts. If your family has sensitivity; delay longer and keep to a minimum.

FRUIT

Strawberries

VEGETABLES

Garlic
Alfalfa
Basil
Coriander
Kale
Onion
Oregano
Radicchio
Radish
Rocket
Rosemary
Shallots
Spring Onion
Watercress

GRAINS

Basmati Rice
Brown Rice
Wheatgerm
Wheat products

FATS & PROTEIN

Fish
Egg Whites
Goat's milk
Goat's yoghurt
Lentils
Organ Meats
Other Pulses
Parmesan
Swiss Cheese
Cow's yoghurt
Cheddar
Cow's Milk
Butter

OTHER

Honey
Brown/Raw Sugar
Sea Salt
Spices
Herbs