

WHICH-FOODS-WHEN? (from the Australian Best-Seller "Well Adjusted Babies")

An infant's digestive system is extremely sensitive and highly permeable. Exposure to poor food choices and common dietary allergens can weaken a child's future digestive capacity. This chart provides suggestions for ideal times to introduce foods into an infant's diet. It is best to introduce new foods individually and wait for 4-7 days before introducing another food. Once a food has been integrated into the diet, it can be combined with other foods. It is advisable to start with the fruit and vegetables before introducing the grains.

MONTHS	FRUITS	VEGETABLES	GRAINS	FATS/PROTEIN	OTHER
6-9	<p>At this stage it is preferable to cook the fruit or vegetables before serving. Try steaming, stewing or baking, and then purée or mash.</p> <p>ORGANIC PRODUCE IS HIGHLY RECOMMENDED.</p> <p>Avocado Mango Stone fruit – Peach, Nectarine and Plum (skin and stone removed) Pear Cantaloupe / Honey Dew Papaya Kiwifruit</p>	<p>Courgette Squash (Pumpkin) Green Beans Yellow Squash Celery Mushrooms</p>	<p>Gluten-Free Grains (start with ground cereal, followed by flakes or grains) including:</p> <ul style="list-style-type: none"> – Amaranth – Millet – Brown Rice Cereal – Quinoa (low-gluten, closer to 9 mths) – Sago – Tapioca 	<p>Avocado Avocado Oil & Olive Oil (in small amounts) Flaxseed Oil – from 6-24 mths offer 1/3 teaspoon of oil per meal (1 teaspoon per day). The oil can be mixed through after the meal is prepared. (Refer to WAB Chapter 23).</p>	<p>The "OTHER" items listed below are not essential for nutrition, but are useful for cooking and baking.</p>
9-12	<p>Apple Banana Berries Grapes Watermelon Pineapple Dried fruits such as Apricot and Fig, free of sulphur dioxide (preservative 220) Citrus Fruit</p>	<p>Sweet Potato / Yam Carrot Broccoli Cucumber Peas / Snow Peas Lettuce Beetroot Spinach Bok Choi Parsley Collard Greens Cabbage (particularly outer leaves) Sea vegetables such as Hijiki, Nori, Wakame and Kelp Brussels Sprouts Cauliflower Asparagus Sweet Corn Leek Parsnip / Swede / Turnip</p> <p>CLOSER TO 12 MTHS Eggplant (Aubergine), Bell Pepper, Tomato & Potato</p>	<p>Brown Rice products – flakes, puffs, cakes and crackers</p> <p>Gluten Grains including:</p> <ul style="list-style-type: none"> – Oats – Barley <p>Pastas – GF or wheat-free (additive-free)</p>	<p>Oils* – Sesame, Walnut, Safflower and Macadamia Oil</p> <p>Fermented Beans / Grains – Tofu, Miso, Natto & Tempeh</p> <p>Nuts* – Walnuts, Almonds, Pecans and other tree nuts</p> <p>Seeds* – Sunflower, Pumpkin and Sesame</p> <p>All nuts* and seeds* can be added to meals or used in baking. See below (18+)</p> <p>Chicken / Turkey Beef / Lamb Some Beans (Adzuki, Chick Peas, Soy) Egg Yolk Organic GMF Soy Milk* (malt-free and GF) Soy Yoghurt* (homemade if possible and additive-free)</p>	<p>Unhulled Tahini* Nut Butters* (dairy and trans fat free)</p> <p>Agave Syrup Molasses Golden Syrup Maple Syrup Rice Flour (GMF) Soy Flour (GMF) Pure Maize Cornflour (GF) Potato Flour / Starch Arrowroot Baking Powder (GF) Pure Icing Sugar (GF) Kuzu (oriental plant thickening agent)</p> <p>OIL USAGE</p> <p>Dressings: Macadamia, Flaxseed, Safflower, Olive and Sesame Oils</p> <p>Baking: Butter (12 mths+) and Coconut Oil (non-deodorised)</p> <p>Frying: Olive Oil (lower temperatures); Avocado and Coconut Oils (higher temperatures)</p> <p>Honey Brown / Raw Sugar Sea Salt Spices Herbs</p>
12-18	<p>Strawberries</p>	<p>Garlic, Onion and Spring Onion (in small amounts) Shallots / Radish Kale / Rocket Radicchio Watercress Alfalfa Herbs – Coriander (Cilantro), Basil, Rosemary & Oregano</p>	<p>Basmati Rice Brown Rice Wheatgerm Wheat Products (small amounts)</p>	<p>Fish (see EFAs in Brain Foods section overleaf) Egg Whites* Other Beans Lentils Other Pulses Goat's Milk and Yoghurt (more digestible) Organ Meats Parmesan & Swiss Cheese Cow's Yogurt, Cheddar then Cow's Milk & Butter</p>	<p>If your family has sensitivity to wheat and dairy, your child will benefit from delaying these for longer and then keeping them to a minimum.</p>
18+	<p>Commercial Fruit Juice (diluted with water)</p>	<p>Raw Carrots (3 yrs+ due to choking risk)</p>	<p>White Rice</p>	<p>Shellfish* (3 yrs+) Whole Nuts* (3 yrs+ due to choking risk)</p>	<p>White Sugar Popcorn (3 yrs+ due to choking risk)</p>

PLEASE NOTE

GF = Gluten Free. GMF = Genetic Modification Free.

Foods with an asterisk (*) may cause a "classic" allergic reaction. If peanut or tree nut allergies run in the family, avoid introducing them until 4 yrs+ and then under the guidance of a healthcare provider.

Foods in **underlined bold italic** print are likely to create life-long food intolerances or sensitivities if introduced too early (e.g. Wheat and Dairy).

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