

Green  Kiddie

## Weaning Guide

# Weaning Guide - Part 1

## 6-9 months

Introduce food slowly, only one new food at a time; start with as little as one teaspoon and gradually increase to a full portion within 10 days. Start with rice, millets, cooked vegetables such as sweet potato, squash, carrot, Swede, broccoli, potato, green beans, and cabbage. Also start with cooked fruits such as pear, peach, banana, apple, nectarines, and blueberries. After a month or so from the beginning of the weaning you could introduce white lean meat as turkey or rabbit, and red lean meat, preferably lamb. Don't give any nuts, seeds, oils, or milk products other than breast milk or formula.

## 9-12 months

You could now mix rice and millets with other grains such as barley, rye, and oats. Still gradually and only one new food at a time you can introduce other vegetables such as asparagus, avocado, cauliflower, and Brussels sprouts. From the fruit group you could start giving your baby plums, dried plums and apricots, pineapple, grape, and cranberries. Beat and white fish is fine to be added to the baby's diet at this moment, as well as some vegetable oils.

# Weaning Guide - Part 2

## 1-2 years

Now it's time to introduce pretty much the rest of the grains, vegetables and fruits. You could start with corn and wheat from the grains, vegetables, including raw ones such as pea, spinach, tomato, celery, cucumber, lettuce, onion, garlic, broad beans, beans other pulses, chickpeas and soy. You may now try citrus fruits as orange, grapefruit, lemon, and lime, as well as some berries as strawberries and raspberries. Other fruits to try are melon, mango, dates, figs, cherries and all raw fruits. After the age of one you may give your child eggs, but be very careful and start with the egg yolk of a very well-boiled egg. Oil fish such as salmon and mackerel is great for the child, and it is good to be given one or twice a week. Honey is also appropriate to try at this stage. Also add some milk products such as butter, plain probiotic yogurt, cottage cheese and cheese to your child's daily menu.

## 2 years +

Once your child is 2 years, you can try seafood and selfish, but still be very careful with these. You can introduce nuts in a form of butter or paste only, such as tahini (sesame seed paste) or peanut butter. Delay real nuts up until you child is at least three. If there is a history of nut allergy in the family, postpone any forms of nuts, including butter and paste until your little one is 3 years old.