



Solids Introduction

General recommendations

- Introduce one food every few days and ensure stable bowel movements. If not, remove the food until bowels are stable, challenge with another food, and re-challenge with the troublesome food 4-6 weeks later.
 - Severe reactive foods should be avoided in the beginning.
 - If in doubt regarding food reactions, put on the cheek before giving to eat and monitor for reaction over 24 hours.
 - Don't introduce a new food until the bowels are regular.
 - With each new food, wait 3 days, maintain bowel health, and add the following food
 - Give a little bit of Proflora X with every serve of solids (maximum of one cap per 24 hours)
- Offer finger foods (cooked vegetables) with all meals from 7 months (best if offered at the end of the meal when bub is little and then at the start of the meal when they eat well)

Phase 1: Process of introduction

1. First food = chicken bone broth -> can be given in a bottle, on a spoon, or a cloth to 'suck on'
2. After a few days, introduce vegetables (always mixing with the bone broth) in the following order:
 - Pumpkin
 - Start with pumpkin and then use as a base with other vegetables
 - Zucchini – green, then yellow
 - Carrot
 - Sweet potato – some bubs react (constipation) so monitor closely
 - Beetroot
 - Squash
 - Asian greens – Bok choy
 - Parsnip
 - Swede
 - Cold cucumber





3. When these are tolerated/enjoyed, then widen the vegetable repertoire
4. With each meal, add bone broth, ghee, probiotics

Bone broth instructions

- Use organic grass-fed chicken bones or beef bones.
- Slow-cook bones for 18 hours minimum, and note that the fat is the most important part.
- Strain and put into freezer pods to be defrosted to be used when required.

Phase 2: After a few vegetables, add some meats/fish – 4-5 weeks along

- Beef – fatty cuts – wagyu, osso bucco, beef shoulder
- Lamb – fatty cuts
- Salmon fillets – cook with the skin for the fat to penetrate the flesh (Regal salmon – NZ)
- Then depending on Bub's response, we can consider some egg

Phase 3: From 7 months, we can start baby-led weaning

- Fully cooked chunks of fish or vegetables for Bub to grab and self-feed
- Introduce finger feeding of steamed vegetables to offer with meals to encourage food choices

Overall

- Grains are avoided until 12+ months.
- Dairy is avoided until 10-12 months.
- Fruit is avoided until the palate is 'set' and vegetables and protein predominate (usually 6-8 weeks after solid introduction starts)
- Water in a bottle/sippy cup/cup should be offered at each meal
- Pulses are avoided until 10-12 months
- Nuts and seeds – almond meal can be trialled at 9 months. Almond butter from 10-11 months -> we will need to review and ascertain this





What time of the day should solids be introduced?

When you begin solids, milk is still the most important source of nutrition.

Lunch is the first place to start with solids. Increase by 1 tsp per day until your baby is eating at least 1/2 cup, then introduce dinner. Start with 1 tsp, increase to at least 1/2 cup, then introduce breakfast.

This will happen over a month or so once you introduce solids and then stay consistent. Freezer pods are wonderful, so you can cook up a batch of food and freeze it.

Once they're eating meat and vegetables, you can slow-cook meat and root vegetables and freeze them in pods and this can be defrosted anytime that food is required.

Also, be creative with meals. Babies don't need muesli or cereal for breakfast, sandwiches for lunch and pasta for dinner, like you might think kids' meals need to look.

My baby ate quinoa with grated apple, beetroot and carrot for breakfast for a long time. Now he's 5 and he eats bone broth soup with rice, vegetables and dumplings for breakfast, rather than packaged cereals.

And if you go to a restaurant, you don't need to order from the kid's menu, which is very unhealthy! Restaurant meals are usually so big that you could share your meal with them.

Enjoy!! Solids introduction is lots of fun and a beautiful thing to share with your bub

Introduce them to the lovely smells, colours and textures of foods, and if you're excited about food, it's more likely they will grow to be excited about food, too.

Take them to the market and get them to smell the fresh herbs, spices, fruit and vegetables.

I recommend not asking your child if they 'like' a particular food. It's a habit passed down through generations, but I suspect this might contribute to the issue of fussy eaters. Food is nutrition, and while it's to be enjoyed, its most important function is to nourish the body.

