

# Next steps in baby's weaning food adventure

Now that you've introduced baby to some new tastes and textures, you can start broadening their taste buds' horizons even further with a variety of weaning food.

- ✧ Go at your own pace. Every child is different and you'll be able to see what works best for your little food explorer.
- ✧ Try different textures and flavours to broaden your baby's taste.
- ✧ Cook the same ingredients in different ways to see what goes down the best.
- ✧ Baby see baby do, so let baby join in with family meals. Watching you will arouse their curiosity and encourage them to copy you and join in.
- ✧ Watch out for allergies. Common food triggers include: celery, cereals containing gluten, cow's milk, crustaceans (shrimps, prawns etc.), eggs, fish, lupin, nuts, sesame seeds, soya and sulphites.
- ✧ Variety is the thing. Focus on the main food groups: dairy (always full-fat and pasteurised), starchy foods (rice, pasta, potatoes), protein (meat, fish, eggs and pulses). Also nuts (crushed, ground or as a smooth butter), fruit & veg (fresh, frozen or canned, but no added sugar or salt).
- ✧ Try to limit foods that are high in salt, sugar and saturated fat. Avoid raw shellfish, shark, swordfish and marlin (which contain too much mercury). Whole nuts and peanuts are not suitable under 5 years of age, whilst honey should not be given before 1 year of age.

