

# COMMERCIAL BABY FOODS CONTAINING MILK

## Heinz

### **Mums Own Jars**

#### Breakfasts/Desserts

Apple and banana breakfast  
Apple and mango breakfast  
Apple and pear cream fool  
Banana and chocolate dessert  
Banoffee pudding  
Creamed porridge  
Egg custard  
Lemon soufflé  
Raspberry and banana whip  
Strawberry peaches and cream

#### Savoury Jars

Apricot butternut and chicken risotto  
Cauliflower and broccoli cheese  
Cheesy pasta with ham  
Cheesy vegetable pasta  
Cheesy vegetables with spaghetti  
Cheesy vegetables and fish  
Cheesy tomato pasta stars  
Cottage pie  
Fruity chicken casserole  
Seaside pasta with tuna  
Shepherds pie  
Sweet potato and red pepper pasta stars  
Sweet vegetables and pasta stars  
Vegetable bake  
Vegetable and sweet potato medley

### **Mums Own Trays**

Chunky vegetable risotto  
Juicy apricot chicken with rice  
Pasta with chicken and cheese sauce  
Spaghetti bolognese  
Vegetable and tuna pasta bake

### **Globetrotters (jars)**

Caribbean vegetables with fruity rice  
Creamy vegetable curry  
Chicken, spinach & mushroom gratin  
Rice & tender lamb curry  
Vegetable pasta napoletana

### **Cook at Home**

Four cheese ravioli  
Lamb casserole sauce  
Mild and fruity chicken curry sauce  
Mediterranean ravioli  
Spinach ricotta ravioli  
Three cheese sauce  
Vegetable tortellini

### **Heinz Cans**

Beans with vegetables and sausage  
Cauliflower cheese pasta with potato  
Cheesy hoops potato and cauliflower  
Chocolate pudding  
Creamed porridge  
Egg custard with rice  
Rice pudding  
Spaghetti hoops and pork sausage  
Strawberry cheesecake  
Tomato beans and sausage  
Tomato beans with bacon  
Vegetables beans and bacon

### **Dried Baby Foods**

Cauliflower and broccoli cheese  
Cheesy vegetable pasta  
Creamy oat porridge  
Fruit and yogurt  
Fruity muesli  
Golden vegetables and chicken  
Mediterranean vegetables and rice  
Oats and apple cereal  
Peachy porridge  
Peach yogurt  
Shepherds pie with lamb  
Sunrise banana

### **Rusks/Biscuits/Crackers**

Apple biscotti  
Chocolate biscotti  
Gingerbread biscotti  
Mini cheese crackers  
Mini veggie crackers  
Organic biscotti  
Reduced sugar gluten free rusk  
Reduced sugar banana rusk

### **Fruity Pots (all varieties)**

### **Plum Baby foods**

#### **Pots**

Aubergine and sweet pepper provencale  
Carrot lentil and cheddar  
Ditalini pasta with pesto and supergreens  
Parsnip carrot and cheddar mash  
Root vegetable and beef ragout

#### **Fromage frais**

All varieties

## **Cow & Gate**

### **Breakfast Baby Foods**

Apple & banana porridge  
Banana porridge  
Creamy/Creamed porridge  
Fruity porridge

### **Savoury Jars/Meals**

Baby cauliflower cheese  
Beef casserole  
Beef stroganoff  
Broccoli cheese  
Creamy chicken  
Creamy mushroom and chicken noodle doodle  
Fisherman's tuna and vegetable bake  
Mamma's macaroni  
Mini beef casserole  
Orchard chicken  
Oriental chicken  
Penne napolitana  
Papas pasta bake  
Pasta and creamy carbonara  
Spaghetti with tomato and mozzarella  
Taste of autumn vegetables  
Vegetable and chicken noodle doodle  
Vegetable lasagne

### **Sauces**

Tasty cheese sauce  
Tomato and mascarpone sauce

### **Desserts**

Apple and banana swirl  
Apple and banana yogurt  
Apple crumble  
Apples and custard  
Baby berry yogurt  
Banana dairy dessert  
Banana and cookie crumble  
Banana delight  
Blueberry and raspberry yogurt  
Fruity crumble  
Fruity yogurt  
Juicy fruit crumble  
Peach dairy dessert  
Raspberry dairy dessert  
Rice pudding  
Strawberry dairy dessert  
Strawberry yogurt

## **Organix**

### **First Cereals**

Creamy apple and raspberry cereal  
Creamy oat porridge

### **Pots**

Apple and mango rice pudding  
Banana porridge  
Banana and strawberry fruity custard  
Peach fruity custard  
Pasta with aubergine and red pepper (stage 2)  
Vegetables with cheese and rice (stage 2)

### **Biscuits/Finger foods**

Baby finger biscuits  
Cheese and onion number bites  
Curly puffs (tomato, cheese and herb)  
Curly puffs (cheese & herb)  
Moon biscuits  
Organic baby biscuits  
Organic soft rusks  
Organic soft rusks – orange

*Please note all other Organix products are milk free*

## **Ella's Kitchen**

### **Stages 2 & 3**

**(stage 1 foods are milk free)**

Banana baby brekkie  
Mango baby brekkie  
Fabulously filling fish pie with mash  
Super scrummy salmon risotto  
Super scrummy strawberry 'n' cream rice pudding

### **Babylicious/Kiddylicious**

Cheesy pasta with tomato and basil  
Cottage pie (kiddylicious)  
Creamy salmon and broccoli mornay  
Fruity chicken curry and rice  
Lasagne  
Pasta with broccoli, cheese and tomato  
Potato topped tuna and sweetcorn pie  
Vegetable and Cod in parsley sauce

## **Hipp Organic**

### **Stage 1**

Apple and banana crumble  
Banana custard  
Banana yogurt breakfast  
Banana and blueberry yogurt  
Creamed porridge breakfast  
Creamy rice breakfast  
Cauliflower cheese  
Cheesy spinach and potato bake  
Creamy parsnip, potato and cauliflower  
Fruit and yogurt (all varieties)  
Penne with tomato and courgette  
Rice pudding  
Vegetable and lentil bake

### **Stage 2**

Apple and vanilla dessert  
Blueberry and apple yogurt  
Breakfast duet (all varieties)  
Cheesy pasta bake  
Cocoa and vanilla dessert  
Creamy vegetable pasta  
Fruit duet (all varieties)  
Mediterranean potato and lamb  
Rice pudding with apple and pear  
Rigatoni napoli  
Spaghetti carbonara  
Spaghetti with tomatoes and mozzarella  
Strawberry and raspberry yogurt  
Vegetable lasagne

### **Pots**

Creamed root vegetables with apple  
Sweet red pepper and aubergine penne  
Fruity vegetable tajine with couscous  
Cheesy leek and chicken macaroni  
Mediterranean ratatouille with gnocchi

### **Stage 3**

Cheesy vegetable jumble  
Chunky vegetable and beef casserole  
Creamy rice pudding with apple  
Gnocchi with creamy leek sauce  
Pancakes with apple and cinnamon sauce  
Pasta with tomatoes and mozzarella  
Spaghetti carbonara  
Vegetable and turkey casserole

### **Stage 4**

Pasta twists with courgette and mozzarella  
Vegetable and rice with chicken bites and peas  
Vegetable lasagne

### **Dried baby foods**

Banana and peach breakfast  
Creamy porridge (all varieties)  
Creamy rice and apple breakfast  
Creamy rice breakfast  
Creamy rice pudding

### **Microwaveable**

Hearty vegetable and beef casserole  
Potato, pumpkin and chicken scrumble  
Scrumptious lasagne  
Squiggly spaghetti in tasty tomato and mozzarella sauce  
Vegetable lasagne  
Wholesome vegetable and chicken risotto

### **Biscuits**

Biscottes  
Ruskits  
Elephant biscuits

## COMMERCIAL BABY FOODS CONTAINING EGG

### Heinz

#### **Mums Own Jars**

Egg custard  
Lemon soufflé  
Spaghetti Bolognese (10+ months)

#### **Mums Own Trays**

Pasta with chicken and cheese sauce  
Spaghetti bolognese  
Vegetable and tuna pasta bake

#### **Heinz Cans**

Cauliflower cheese pasta with potato  
Cheesy hoops potato and cauliflower  
Egg custard with rice  
Spaghetti bolognese  
Tomato and chicken pasta bake  
Vegetable and chicken noodle

#### **Cook at Home**

Four cheese ravioli  
Mediterranean ravioli  
Spinach ricotta ravioli  
Vegetable tortellini

### Hipp Organic

Chunky vegetable pasticcio  
Gnocchi with creamy leek sauce  
Mediterranean ratatouille with gnocchi  
Pancakes with apple and cinnamon sauce  
Pasta with tomatoes and mozzarella\*  
Pasta twists with courgette and mozzarella  
Squiggly spaghetti in tasty tomato and mozzarella sauce  
Spaghetti bolognese (stage 4)  
Spaghetti carbonara  
Scrumptious lasagne  
Vegetable lasagne

\*Stage 2 Hipp organic spaghetti with tomatoes and mozzarella does not contain egg.

### Cow and Gate

#### **Savoury Jars/Meals**

Big boys (and girls) bolognese  
Chicken tagliatelle  
Creamy mushroom and chicken noodle doodle  
Fishermans tuna and vegetable bake  
Mamma's macaroni  
My favourite spaghetti bolognaise  
Papas pasta bake  
Pasta and creamy carbonara  
Penne napolitana  
Scrummy spaghetti bolognaise  
Scrummy tuna penne  
Spaghetti with tomato and mozzarella  
Sweet squash and chicken  
Tuna pasta in a creamy tomato sauce  
Vegetable and chicken noodle doodle  
Vegetable lasagne

### Organix

*All Organix products are egg free*

### Plum Baby foods

*All Plum products are egg free*

### Ella's Kitchen

*All Ella's Kitchen products are egg free*

### Babylicious/Kiddylicious

Sweet and sour vegetables with rice

# COMMERCIAL BABY FOODS CONTAINING WHEAT

## **Heinz**

### **Mums Own Jars**

Cheesy pasta with ham  
Cheesy vegetables with pasta  
Cheesy vegetables with spaghetti  
Cheesy tomato pasta stars  
Pasta bolognese  
Pasta and pesto chicken  
Peach and chicken pasta  
Seaside pasta with tuna  
Spaghetti bolognese  
Sweet potato and red pepper pasta stars  
Sweet vegetables and pasta stars

### **Mums Own Trays**

Pasta with chicken and cheese sauce  
Vegetable and tuna pasta bake

### **Globetrotters**

Chicken chasseur  
Vegetable pasta napoletana

### **Cook at Home**

Baby pasta stars  
Baby pasta spaghetti  
Four cheese ravioli  
Little pasta animals with carrots and tomato  
Mediterranean ravioli  
Mixed cereal pasta  
Spinach ricotta ravioli  
Vegetable tortellini

### **Heinz Cans**

Cauliflower cheese pasta with potato  
Cheesy hoops potato and cauliflower  
Pasta bolognese  
Sausage pasta bake  
Spaghetti hoops and pork sausage  
Spaghetti bolognese  
Strawberry cheesecake  
Tomato and chicken pasta bake  
Vegetable and chicken hotpot  
Vegetable and chicken noodle

### **Dried Baby Foods**

Banana multigrain  
Cheesy vegetable pasta  
Discovery numbers  
Fruity muesli  
Golden vegetables and chicken  
Mini berry muesli  
Mini cheese crackers  
Mini veggie crackers  
Oats and apple cereal

## **Rusks/Biscuits**

Original rusks  
Reduced sugar rusks– original  
Reduced sugar rusks – banana  
Mini rusks  
Organic biscotti  
Apple biscotti  
Bear biscuits  
Chocolate biscotti  
Farley bear biscuits  
Gingerbread biscotti  
At the farm biscuits  
At the zoo biscuits

## **Organix**

### **Savoury Pots**

Organic pasta stars with bolognese sauce (stage 2)  
Pasta with aubergine and red pepper (stage 2)

### **Biscuits**

Alphabet biscuits  
Animal biscuits  
Baby finger biscuits  
Cocoa cookie bites  
Orange cookie bites  
Cheese and onion number bites  
Tomato and basil number bites  
Gingerbread gang biscuits  
Gingerbread men  
Moon biscuits  
Oatie biscuit  
Organic baby biscuits  
Organic soft rusks  
Organic soft rusks – orange

*All other Organix products are wheat free*

## **Plum Baby Foods**

Ditalini pasta with pesto and super greens  
Root vegetable and beef ragout  
Summer pudding  
Apple and prune breakfast  
Four grain super porridge with apple and apricot  
Four grain super porridge with plum and banana  
Peach and pear spelt granola  
Minky moons with chamomile and vanilla  
Oatie rounds with orange oil and ginger  
Spelt fingers with apple  
Spelt fingers with pomegranate

## **Cow and Gate**

### **Dried Baby Foods**

Apple and blueberry cereal  
Fruity muesli  
Multigrain banana porridge  
My first muesli  
My first banana muesli  
Strawberry crunch cereal  
My first spaghetti  
My mini macaroni  
My storybook pasta

### **Savoury Jars/Meals**

Autumn orchard chicken  
Beef casserole  
Beef stroganoff  
Big boys (and girls) bolognese  
Chicken and squash pasta bake  
Chicken and tasty vegetable pot  
Chicken sunday lunch  
Chicken tagliatelle  
Chunky vegetable and beef casserole  
Creamy chicken  
Creamy chicken curry  
Creamed cottage pie  
Creamy mushroom and chicken noodle doodle  
Fishermans tuna and vegetable bake  
Grandma's sunday lunch  
Hearty pork and apple dinner  
Mamma's macaroni  
Mediterranean beef stew  
Mediterranean vegetable bake  
Mini beef casserole  
My favourite spaghetti bolognese  
Oriental chicken  
Penne napolitana  
Papas pasta bake  
Pasta and creamy carbonara  
Scrummy spaghetti bolognese  
Scrummy sunday lunch  
Scrummy tuna penne  
Spaghetti with tomato and mozzarella  
Sweet squash and chicken  
Taste of autumn vegetables  
Tasty cottage pie  
Tasty tomato and bean pot  
Tasty tuna and tomato with rice  
Tuna pasta in a creamy tomato sauce  
Vegetable and chicken noodle doodle  
Vegetable lasagne  
Yummy harvest chicken  
Yummy lancashire hotpot

### **Desserts**

Apple crumble  
Banana and cookie crumble  
Fruity crumble  
Juicy fruit crumble

## **Babylicious/Kiddylicious**

Cheesy pasta with tomato and basil  
Lasagne  
Pasta with broccoli, cheese and tomato  
Potato topped tuna and sweetcorn pie  
Spaghetti bolognese

## **Ella's Kitchen**

*No Ella's kitchen products contain wheat*

## **Hipp Organic**

### **Jars/Pots**

Apple and banana crumble  
Breakfast duet (all varieties)  
Creamed porridge breakfast  
Cheesy leek and chicken macaroni  
Cheesy pasta bake  
Creamy vegetable pasta  
Fruity vegetable tajine with couscous  
Pancakes with apple and cinnamon sauce  
Pasta in a tomato and ham sauce  
Pasta italienne with ham  
Pasta and pork with tomato and herbs  
Pasta twists with courgette and mozzarella  
Penne with tomato and courgette  
Rigatoni napoli  
Scrumptious lasagne  
Spaghetti bolognese  
Spaghetti carbonara  
Spaghetti with tomatoes and mozzarella  
Sweet red pepper and aubergine penne  
Tagliatelle with fish in creamy broccoli sauce  
Vegetable lasagne  
Vegetables with noodles and chicken

### **Microwaveable**

Chunky vegetable pasticcio  
Squiggly spaghetti in tasty tomato and mozzarella sauce

### **Dried baby foods/Biscuits**

Apple banana and four cereal breakfast  
Creamy porridge (wheat-based)  
Ruskits  
Elephant biscuits  
Biscottes

**NOTE: This Commercial Baby Foods List relates to EAT Study participants. It is not for use by non-participants. Also, this list does not include all manufacturers, and recipe ingredients may change since the time of last review. If unsure, please check ingredient labels.**