

# **FOLLOW ON Tips & Recipes**



*Continued Guidance for Your Baby  
(from 5 months - 1 year of age)*

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## INTRODUCTION

Your baby is now hopefully getting comfortably established on the EAT Study's weekly guideline amounts for the 6 key foods (cow's milk, egg, fish, peanut, sesame and wheat) as outlined below in the table. If your baby has not yet reached the weekly guideline amounts—do not worry! Each baby is different so continue to go at your baby's pace and appetite when offering the key foods.

**<Weekly Guideline Amounts>**  
(for EAT Study's 6 Key Foods)

- ✕ 2 small pots of yoghurt (40-60 grams in weight each)
- ✕ 3 rounded teaspoons of peanut butter
- ✕ 3 teaspoons of tahini
- ✕ 1 small egg
- ✕ 2 fishfingers or  $\frac{1}{4}$  fish fillet (about 25 grams)
- ✕ 2 wheat based biscuit cereal (e.g. Weetabix)

The 'FOLLOW ON Tips and Recipes' booklet aims to give you guidance on the weaning process, as well as some different textures and flavours you can offer your growing baby over the coming months. You will also find quick and easy EAT recipes that combine at least 2 or 3 key foods at a time, which makes it easier to prepare and offer them on a weekly basis!

Though this EAT Study booklet is not meant to be a sole guide to your baby's weaning, it can be a useful resource to help make the weaning process fun and easy while continuing to incorporate the EAT Study's key foods.

## SECTION 1: GENERAL ADVICE

### *On weaning & vitamins for your baby*



## STAGES OF WEANING

The aim of weaning is to gradually introduce a variety of tastes and textures into baby's diet while baby learns new skills such as self-feeding, chewing and eating solids. This helps to build the stepping stones towards baby eventually eating family meals.

Breast milk or formula remains an important part of a baby's diet for the first year of life. So providing solids alongside continued breast milk or formula gives your baby the best nutrition whilst baby learns new feeding skills. You may also find Section 3 helpful in giving you weaning recipe ideas that use the EAT study's key foods.

Weaning, also known as complementary feeding, can be grouped into the three stages as described below.

### Stage 1: Smooth Purées & Mashed Foods

Once your baby is established on the first few purées you can introduce more tastes with a smooth purée texture. For instance, try offering different vegetable or fruit purées, or you can serve some smooth purées from meats, poultry, lentils or pulses like peas and beans (see table 1.1).

Over time, you can begin to offer these foods as thicker purées and then progress to a more mashed texture.

Table 1.1 Examples of First Baby Foods (Stage 1 - Pureed)

Pureed Fruits	Pureed Vegetables	Pureed Meats, Beans, Peas, Lentils & Pulses	Pureed Cereals
Bananas Cooked apple Pear Avocado Mango Strawberries	Carrots Parsnips Potatoes (including sweet potatoes) Butternut squash Turnip Yam	Chicken Turkey Lentils Pulses (peas & beans)	Baby rice cereal Rice Couscous Maize Cornmeal Millet

### Top Weaning Tips (Stage 1 - Pureed)

- Try mixing in your breast milk, formula milk and/or water to any of the above foods to help form a smooth puree.
- Stewing, steaming, boiling and oven baking are all great ways to help soften or puree foods.
- Go as slow as you like, offering each new food one at a time if you prefer.
- Vary the variety of foods you give baby to get baby used to a range of different flavours and tastes.
- Sweeter tasting vegetables such as sweet potato, butternut squash, carrots and parsnips tend to be especially liked by babies at this stage.

### Stage 2: Mashed Food with Soft Lumps & Soft Finger Foods

After your baby is tolerating purées and mashed foods well, you can move on to slightly more textured foods such as mash with soft lumps and soft finger foods (see table 1.2).

Your baby at this stage will be learning how to move lumps around in the mouth, chew the lumps, self-feed and sip from a cup. Between the ages of 6 to 9 months, you can move gradually from offering solids 1-2 times a day to 2-3 times a day.

At this time, you can also begin to offer sips of water or expressed breast milk from a free-flow lidded beaker with meals. Once baby is established on this, encourage baby to move on to drinking from an open cup with meals. Babies do not need juice, but if given, dilute one part juice to ten parts of water and offer this only at mealtimes.

(Stage 2: Mashed Food with Soft Lumps & Soft Finger Foods - Continued)

Table 1.2 Examples of Mashed/Soft Lump & Finger Foods (Stage 2)

Soft, Mashed Fruit & Vegetables	Mashed Meats, Beans, Peas, Lentils & Pulses	Mashed Cereals	Soft Finger Foods
All fruit and vegetables softly mashed (avoiding pips/skins)	Red meat (beef, lamb & pork) Chicken, turkey Beans, peas, lentils and pulses	Rice Noodles Pasta Porridge/baby rice with a thicker consistency (with added slices of soft fruit)	Small pieces of soft toast with spread Small bits or dices of soft fruit e.g. bananas, ripe pears, slices of red/green/yellow peppers/ cucumbers Small pieces of a cooked fishfinger Cubes/slices of cheddar or edam cheese

**Top Weaning Tip (Stage 2)**

- Once baby becomes established on a range of different foods why not try mixing them together? For example, mash a vegetable or two with a mashed meat, or try mashed fruit and vegetables mixed together (see Section 3 for further EAT study recipe ideas).

**Stage 3: Hard Finger Foods & Minced or Chopped Family Foods**

From 9 - 12 months most babies learn how to chew minced and chopped foods, whilst begin to experiment with self-feeding using a spoon. Once established on the new textures, you can begin offering mashed and chopped family foods (leaving out the salt and sugar) along with a variety of finger foods. Gradually increase your baby's eating times from 2-3 meals a day to a more structured 3 meals with 2-3 snacks pattern.

A variety of minced and chopped fruits, vegetables, meats, poultry and pulses alongside breast milk or formula will keep your baby's diet nutritionally balanced.

Keep giving baby the EAT study key foods in the suggested weekly amounts but offer these foods with a coarser texture. For example, offer half or one cooked fishfinger at a time (with or without bread crumbs), or small amounts of a fork mashed cooked fish fillet or scrambled egg. For your baby's safety, eggs should also be cooked until both the white and yolk are solid. Harder finger foods include cooked and cooled green beans or carrot sticks, cubes of cheese, pitta bread or thin slices of peeled apple.

**Top Weaning Tips (Stage 3)**

- It is best not to offer sweet biscuits and rusks so your baby will not get into the habit of wanting sweet snacks.
- To prevent choking, it is important to cut all food into small pieces and remove any skin and bones from fish or meat (e.g. sausage skins). Cook vegetables like carrots and slice these lengthwise before serving to your baby. Be careful with small round foods like corn, raisins, grapes and cherry tomatoes.

## VITAMIN SUPPLEMENTS

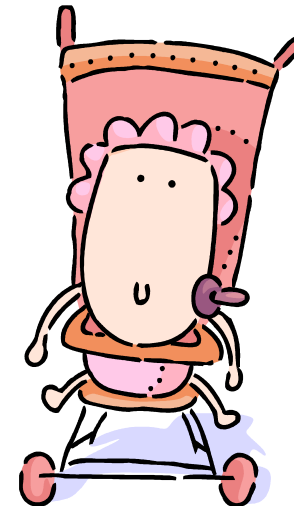
What about vitamin supplements? The UK Department of Health recommends a daily dose of vitamins A, C and D for infants and children in the following circumstances:

- Breastfed infants from 6 months of age (or from 1 month of age if there is any doubt about the mother's vitamin status during pregnancy)
- Formula-fed infants who are over 6 months of age and taking less than 500 millilitres (ml) infant formula per day
- Children from 1 to 5 years of age

This recommendation is particularly important for children who are picky or fussy eaters, those of Asian, African, Afro-Caribbean or middle eastern origin and those living in northern areas of the UK. Consult your health visitor or doctor if you are uncertain if your baby needs vitamin supplementation.

## SECTION 2: FURTHER GUIDANCE

### *On EAT Study Key Foods*



## SECTION 2: OVERVIEW

This section aims to increase your flexibility and convenience in serving the EAT Study key foods by providing some tips, alternative options and portion amounts for the key foods in the study. Please note that where alternative food options to the 6 EAT Study key foods are presented, one EAT portion would be equivalent to half a weekly EAT guideline amount for that food.

Among the 6 EAT Study key foods, it is quite common to find egg and fish more challenging to prepare and serve your baby than the other key foods. To help you, please see the sub-sections on fish and egg as well as the recipes in Section 3 for ideas and suggestions.

As always, once your baby is comfortably established on the EAT Study foods in the guideline amounts, feel free to offer more of any one key food if your baby desires it.

While we ask you to use the specific alternative EAT Study food options listed in this section to meet your baby's weekly guideline amounts, feel free to introduce and include other foods if you desire as part of your baby's overall balanced diet.

### What about Food Allergies?

Remember to contact the EAT Study Team if your child has what you think might be a reaction to a food. Common symptoms of an allergic reaction may include one or more of the following: coughing; dry, itchy throat and tongue; itchy skin or rash; diarrhoea and/or vomiting; wheezing and shortness of breath; swelling of the lips and throat; runny or blocked nose; sore, red and itchy eyes. The EAT Study Team can then help to decide if the history is suggestive of a food allergy. If so, we will invite you and your child back to the allergy unit to be investigated further with skin prick tests and a food challenge if necessary to confirm or rule out a definite food allergy.

After reviewing this section, please refer to Section 3: Tasty EAT Recipes for some fun and easy ways to incorporate the EAT study foods into your baby's meals!

## COW'S MILK DAIRY PRODUCTS

All cow's milk products given should continue to be full-fat products until your baby is 2 years of age. It is also important to continue to use full-fat yoghurts or fromage frais free from probiotics until your baby is at least 6 months of age. After 6 months of age, you may choose full-fat yoghurt or fromage frais products containing probiotics if you desire.

If you are choosing to use a full-fat natural Greek style yoghurt, please make sure that this does not contain probiotics (unless your baby is over 6 months of age), and also that it does not contain honey. As your baby gradually moves through the weaning stages, you can try adding to Greek style yoghurt first a puréed fruit and perhaps later mash in small pieces of soft fruits like ripe banana or pears to give a slightly more lumpy and challenging texture.

### What about Cow's Milk?

Cow's milk should not be used as a drink until your baby reaches 1 year of age, mainly because it does not provide the nutrition that your baby needs during this time. However, while it is recommended that breast milk, water or formula is used in cooking when offering solids to your baby before 6 months of age, small amounts of full-fat cow's milk can be used in the preparation of and foods and for cooking after 6 months of age. Please note that 1 EAT Portion of full-fat cow's milk would be 75 ml. So instead of 2 little pots of cow's milk yoghurt or fromage frais, you could choose instead to use 150ml of full-fat cow's milk in cooking during the week, and serve that to your baby instead.

### EAT OPTIONS: YOGHURT & MILK

Food*	Cow's milk yoghurt or fromage frais	Natural Greek Style Yoghurt	Cow's Milk
1 EAT Portion (half the weekly guideline amount)	1 pot (40-60 grams in weight)	60 grams (or 4 measured table-spoons)	75 ml

\*Remember that all cow's milk products should be full-fat for children under 2 years of age.

Here are some ideas on how to incorporate some full-fat cow's milk into the foods that you prepare for your baby. For example, add in an EAT portion (75 ml) of full-fat cow's milk to:

- Cook with oats to make an oatly porridge
- Mix with  $\frac{1}{2}$  to 1 weetabix biscuit for a wheaty porridge
- Mash into a small amount of a plain cooked potato or sweet potato
- Poach or cook a fish fillet and some veggies before blending or mashing into the right consistency for your baby
- Make a cheese sauce over pasta, fish, eggs or mashed potatoes (see cheese sauce recipe in Section 3)

### Cheese

Full-fat pasteurised cheeses are another option besides cow's milk yoghurt or fromage frais that you can introduce to your baby from about 6 months of age onwards. You may try a cheese sauce first (see the recipe provided in this booklet) mixed in with other foods like fish or cooked pasta and then blended. When your baby is ready for more challenging textures, you can finely grate cheese onto well cooked mashed pasta, or offer small amounts of soft cheeses then hard cheeses as finger foods. For your baby's safety, avoid soft blue cheeses, soft cheeses like Camembert, Brie or chevre (a type of goats' cheese), or other cheeses that have a similar rind (whether pasteurised or unpasteurised). It is also important to avoid all unpasteurised cheeses.

### How Much Cheese Would Meet EAT Study Guidelines?

The following are examples of what 1 EAT portion would be like for a sample of different types of cheeses you may find at the supermarket. These are alternatives besides full-fat cow's milk or yoghurt. Once again, feel free to split up any EAT portion into smaller servings as guided by your baby's appetite!

#### EAT OPTIONS: CHEESE

<i>Food*</i>	Mini Round Cheeses	Soft or Hard Cheeses	Processed Cheese slices
<i>Examples</i>	Bel Cheese Mini Babybel	Cheddar Cheese, Mozzarella	Cheddar
<i>1 EAT Portion (half the weekly guideline amount)</i>	1 round cheese (or 20 grams)	2 cm <sup>3</sup> cube (or 8 grams)	~ 1/3 of a thick slice (or 8 grams)

\*Remember that all cow's milk products should be full-fat for children under 2 years of age.

**Aim for a total of 2 EAT Portions of Cow's Milk Dairy Products a week from the cow's milk dairy yoghurt, milk and cheese options listed!**

## FISH

After your baby is comfortably established on  $\frac{1}{4}$  of a fish fillet (25 grams in weight) or 2 fishfingers' worth of a 'white' fish on a weekly basis, you may offer your baby other kinds of a 'white' or 'oily' fish to increase variety in your baby's diet. However, avoid giving shark, marlin and swordfish to your baby because of the higher levels of mercury in these types of fish. Here are some examples of types of fish you can offer:

- 'White' fish: Cod, flounder, sole, pollack, haddock, and plaice.
- 'Oily' fish: Salmon, mackerel, herring, pilchard, sardine, trout and fresh tuna.

Start with smooth fish purees mixed in with a variety of flavours and then gradually move on to small amounts of a mashed cooked fillet or fishfinger. For example, try steaming a fillet of cod, then blending this with different vegetables into a smooth purée. Over time, you can make other textures like mashing or flaking a cooked fish to create lumpier purées.

At the beginning, you may find it difficult to blend or mash the fish down to a very smooth puree consistency. Having a handheld blender can help with this, and see the EAT recipes in Section 3 of this booklet for more ideas of ways to offer fish to your baby that may help. But don't worry too much if you are finding the puréed texture phase challenging. Soon your baby will be able to handle other textures, and your baby may grow to like this food over time with a bit of persistence. Sometimes it takes offering a food up to 15 times before children will accept it!

By about 7 months of age, your baby may be ready for some soft finger foods, so you may try cutting a fishfinger up into smaller pieces for your baby to pick up. At the beginning, it may be a good idea to continue removing some of the bread coating, as babies have small appetites and may not be able to manage a whole fishfinger with coating yet (parents can choose to take all the bread coating off, but this may cause the fishfinger to crumble more easily). Keep in mind that it may take your baby a bit of time to get used to chewing fishfinger bits, as it is a slightly new texture for your baby.

Know that fish can be poached, boiled, steamed or baked, in addition to being cooked in the microwave. Poaching just means cooking the fish in a little bit of liquid like water or full-fat cow's milk.

Some other foods that may be good to mix with fish are apples, strawberries, broccoli, carrots, cauliflower, green beans, peas, sweet potato, white potato, mushrooms, barley, lentils, pasta or rice. If blending or mashing from family food, don't add salt, honey or sugar to your baby's portion. Just take out your baby's portion before preparing the rest.

As your baby gets older, he or she will be eventually ready to eat a whole fishfinger at a sitting or cooked fish flaked and mixed in with different minced or chopped vegetables or fruits. Try salmon or haddock fishfingers, tuna mixed with mushrooms, flaked salmon mashed with avocado or fishfingers served with a carrot purée dip. You can also try salmon combined with mashed potato or peas, or serve flaked salmon or tuna mixed well with smooth peanut butter!

### What About Canned Fish?

Besides fresh or frozen fish, another option is using canned fish. Be careful though of hidden bones and know that the salt content of canned fish is higher than that for fresh or frozen fish. If using tinned fish, choose the kind packed in spring water or sunflower oil. These have a lower salt content than fish canned in brine or tomato sauce. Note too that canned tuna is not considered an 'oily fish' and does not carry very much vitamin D because of the processing methods used in the UK. For canned fish, 1 EAT portion is 12.5 grams (drained weight) which can be mashed and mixed in with a variety of foods.

Mix and match from the EAT Study fish options in the table on the next page to get the weekly guideline amount of **2 EAT portions** from fish!

## EAT OPTIONS: FISH

Food	Fresh/frozen Fillet	Fishfingers	Canned Fish (in spring water or oil)
<i>Examples*</i>	Cod, Fresh Tuna	Cod, Haddock, Salmon	Tuna, Mackerel
<b>1 EAT Portion</b> <i>(half the weekly guideline amount)</i>	1/8 of a fillet (or 12.5 grams)	1 fishfinger	12.5 grams (drained weight)

\*Feel free to try other types of 'white' or 'oily' fish!

## SESAME

At this time, using a sesame paste like tahini (not light tahini paste) may still be the best way to serve sesame to your baby, because the weekly guideline amount of sesame can be easily met using a small quantity of tahini (3 teaspoons a week). Depending on your baby's stage of weaning, mix the tahini into foods of puréed, mashed, lumpy, minced or chopped consistency.

Instead of tahini, you may want to try houmous or sesame seeds as alternative choices (see table below). For example, since 60 grams (or 4 measuring tablespoons) of houmous is considered 1 EAT portion, you can try serving your baby some cooked and cooled thin carrot or cucumber sticks topped with houmous. Another idea is to mix in an EAT portion of sesame seeds into a small pot of cow's milk yoghurt.

### EAT OPTIONS: SESAME

Food	Tahini	Houmous	Sesame Seeds
1 EAT Portion <i>(half of the weekly guideline amount)</i>	1 ½ teaspoons	60 grams	11 grams

Here are some more ideas of how to incorporate sesame into your baby's diet. For example, add in tahini to mashed sweet potato, try tahini in an oat porridge like Ready Brek, or when baby is ready for some soft or hard finger foods try the houmous-tahini dip and other recipes found in Section 3 of this booklet!

Aim for a total of 2 EAT Portions of Fish a week from the fresh, frozen or canned fish options listed!

Aim for a total of 2 EAT Portions of Sesame a week from the sesame options listed!

## EGG

The EAT Study guideline amount of egg to feed your baby continues to be one small egg a week. Remember to choose a British Lion Quality (Lion stamped) egg that is in-date, and to cook the egg so that the egg white and egg yolk are thoroughly cooked, before serving this to your baby.

Right now, you may be preparing the egg by blending a boiled egg down with water into a smooth purée, mixed in with another puréed solid like baby rice, apple, pear or banana. If you are finding it difficult to purée or mash the boiled egg down to a very smooth puree consistency, having a handheld blender can help. Also see the EAT recipes in Section 3 of this booklet for more ideas of ways to offer egg to your baby. But don't worry if you find this puréed texture phase challenging. Soon your baby will be able to handle other textures, and your baby may grow to like this food over time with a bit of persistence. Sometimes it takes offering a food up to 15 times before children will accept it!

If your baby is having trouble taking half of a small egg mixed in with a puréed solid at a sitting, offer smaller quantities at a time, and you can spread out the portions over a week to provide the EAT weekly guideline amount for egg. Some find that serving a blended egg warm or at room temperature mixed in with a puréed solid may help improve acceptance too.

When your baby gets older and is able to handle more challenging textures, you can try to serve egg in slightly different ways by itself or mixed in with other foods. For example, once your baby is comfortable on lumpy mashed textured foods and some soft finger foods (e.g. soft cooked carrots and ripe pieces of banana), you can try to offer different egg textures like small pieces of a cut scrambled or hard boiled egg that baby can pick up and eat easily without choking on.

Other textures to try would be to serve half of a well cooked scrambled egg mashed and mixed in with various fruit or vegetable purées. Eventually as your baby reaches one year of age or older, he or she may be ready to have slightly larger portions of a minced or chopped boiled egg, scrambled egg or fried egg on its own.

Experiment mixing egg with different tastes and textures! For example, some ideas would be to stir in half or a whole beaten egg as you're cooking your baby's oatmeal or porridge, mix half a blended boiled egg with mashed avocado, or mash together small amounts of a scrambled egg or egg puree with mashed sweet potato.

**Aim for a weekly guideline amount of 1 small egg a week!**

## WHEAT

Besides giving 2 weetabix biscuits a week, you might like to know you can give your baby some other wheat options. 'Mix and match' from the options below in the table to give the equivalent of **2 EAT portions** from wheat a week. Each of the listed items and amounts is equivalent to '1 EAT portion'. For example, 1 weetabix biscuit is equivalent to '1 EAT portion', so the guideline amount is '2 EAT portions' or 2 weetabix biscuits a week. If you would like to offer other kinds of wheat products to your baby in addition to the alternatives listed below, please feel free to do so, but know that they should not count towards the EAT weekly guideline amounts for wheat.

### EAT OPTIONS: WHEAT

Food	Weetabix biscuits	Weetabix bite size	Whole-meal Bread (Thin slices)	Wholemeal Bread (Thick slices)	Plain Wholemeal Pitta Bread	Pasta or Couscous (100% wheat)
1 EAT portion <i>(half the weekly guideline amount)</i>	1 biscuit	1/3 cup (or 9 little biscuits)	1 slice	½ slice	25 grams (about 1/2 of an adult sized pitta)	20 grams (uncooked)

As noted in this table, please use **wholemeal** bread or pitta bread products in the EAT Study, as this will ensure your baby is receiving adequate amounts of the food protein from wheat each week. Also choose plain wholemeal products that do not contain any nuts or seeds, to avoid choking risks.

For pasta and couscous, it is also important to choose **100% wheat** products to provide adequate levels of wheat protein in the portions offered as part of the EAT Study. This means choosing pasta products that are egg-free and making sure that the couscous product you are using does not contain barley, corn or other ingredients. Know that 20 grams is roughly equivalent to ¼ cup of fusilli (uncooked) or about 22 sticks of spaghetti (uncooked).

Over time, you can begin to serve wheat to your baby in slightly different textures to match the weaning stage that your baby is at. For example, instead of offering weetabix biscuits in a purée consistency, try mashing up weetabix with slightly less water or breast milk to create a more lumpy consistency.

If your baby is already established on finger foods, you can offer small softened broken pieces of a weetabix biscuit, small pieces of soft wholemeal toast or pitta bread for your baby to pick up. Additionally, you can first try blending an EAT portion of cooked pasta with a variety of puréed vegetables to create a smooth purée, before eventually fork mashing the well cooked pasta with other foods to create a more lumpy or mashed texture.

Wheat is very versatile and can be mixed with many of the other EAT key foods! Try combining weetabix with full-fat yoghurt, fromage frais or cow's milk, or put melted cheese, peanut butter or a tahini-banana spread onto small pieces of soft wholemeal toast. You can even blend some apple-fish puree with pasta! See the recipes provided in Section 3 for further ideas.

**Aim for a total of 2 EAT Portions of Wheat a week from the wheat options listed!**

## PEANUT

For now, continue to use full-fat smooth peanut butter (with at least 95% peanut content in the ingredients list) when mixing this into foods to serve your baby. The EAT weekly guideline amount for peanut butter remains 3 rounded teaspoons a week.

When your baby gets older and is able to handle finger foods, you can try thinning down the peanut butter with a bit of water or expressed breast milk, before using it as a spread on small soft pieces of wholemeal bread or toast that your baby can pick up.

Alternatively, instead of smooth peanut butter, you can also crush and use finely ground peanuts as a substitute. If using finely ground peanuts, make sure you mix this into a food of puréed consistency (like yoghurt or a puréed fruit or vegetable) first before offering it to your baby. Over time, you can mix the finely ground peanuts into foods of more mashed or lumpy consistency, depending on the stage of weaning your baby is at.

Please see the table below for some EAT options for peanut:

### EAT OPTIONS: PEANUT

<i>Food</i>	Smooth Peanut Butter	Unsalted Peanuts (Finely Ground)
<b>1 EAT Portion</b> <i>(half the weekly guideline amount)</i>	1 $\frac{1}{2}$ rounded teaspoons	2 $\frac{1}{2}$ level teaspoons (or 8 grams)

Be advised that whole peanuts should never be given to children under 5 years of age to avoid possible risks of choking!

If using measuring spoons, a 1 teaspoon may be marked as 5 ml and a  $\frac{1}{2}$  teaspoon may be marked as 2.5 ml. If you are using normal teaspoons, remember a half teaspoon is taken to mean half a spoon lengthwise, drawn from the handle to the tip.

### What about Crunchy Peanut Butter?

Though the manufacturer of a major peanut butter brand states that it is at the parental discretion when to offer crunchy peanut butter, it may be sensible to wait till your baby is a year old before offering it. Even though the peanuts found in crunchy peanut butter are often minced or chopped, there is still a possible choking risk if your baby is unable to chew and swallow this well. After one year of age, if you would like to use crunchy peanut butter instead of a smooth peanut butter, please make sure it is still a full-fat crunchy peanut butter product that contains at least 95% peanut content. The guideline amount for crunchy peanut butter would remain the same at 3 rounded teaspoons a week.

**Aim for a total of 2 EAT Portions of Peanut a week from the Peanut options listed!**

## SECTION 3: TASTY EAT RECIPES

### *Combining EAT Study Key Foods*



## SECTION 3: OVERVIEW

Once your baby is comfortably established on the EAT Study key foods (cow's milk yoghurt, egg, fish, peanut, sesame and wheat) in the EAT weekly guideline amounts, you may like to mix some EAT Study key foods together and offer them to your baby. If you would like to start slow, try 2 key foods together first and offer small amounts until your baby is used to this new taste or texture. Examples of combinations are mixing egg and tahini together, or putting fish into a weetabix porridge.

During a mealtime, try offering EAT Study key foods first as your baby may still have a small appetite initially and so can get full quickly. Remember too that breast milk or formula continues to be an important part of your baby's nutrition during this first year of life.

In this section, we have provided many baby specific recipes that mix at least 2 or 3 EAT Study key foods at a time, to give you quicker and more convenient ways to serve your baby these key foods. You can divide up the amount made by each recipe into smaller portions according to your baby's appetite. If you desire, feel free to add expressed breast milk or formula instead of water in recipes, to offer increasingly challenging textures (like mashed fish instead of puréed fish) according to your baby's weaning stage, or to make larger portions to freeze and use later.

Unless otherwise stated, all teaspoons listed in the recipes in this section are level. Also, please use measuring teaspoons and tablespoons where possible. The 'EAT FACT' marked by a chef's hat at the end of a recipe tells you how many EAT portions of the EAT Study key foods are provided by that recipe. Remember that 1 EAT portion is half a weekly guideline amount for an EAT Study key food!



### **Measurement Abbreviations**

g = grams in weight

tbsp = tablespoon

ml = millilitre

tsp = teaspoon

## SUNRISE YOGHURT

Ingredients:  $\frac{1}{2}$  boiled egg (blended)  
60g full-fat cow's milk yoghurt  
Water or breast milk

### Directions:

Blend a chopped boiled egg with 1-2 tablespoons of water or breast milk into a smooth egg paste. Mix half this amount into a little pot of a full-fat cow's milk yoghurt or fromage frais (or use 4 measured tablespoons of a plain full-fat Greek style yoghurt). Mix well, then serve. If desired, add in a little bit of a puréed fruit or vegetable for some natural sweetness (e.g. puréed banana, apple, pear or sweet potato). If your baby is on lumpier mashed textures, try mashing half a boiled egg with yoghurt instead!



**EAT FACT:** This recipe provides **1 EAT portion of cow's milk** dairy products and **1 EAT portion of egg**.

## SWIRLY PEANUT YOGHURT

Ingredients: 1  $\frac{1}{2}$  tsp (rounded) smooth peanut butter  
1 tsp water or breast milk  
60g full-fat cow's milk yoghurt

### Directions:

Thin the peanut butter with 1 teaspoon of water. Then mix into a little pot of a full-fat cow's milk yoghurt or fromage frais (or use 4 measured tablespoons of a plain full-fat Greek style yoghurt). If desired, add in a little puréed fruit or vegetable for some natural sweetness (e.g. puréed banana, apple, pear or sweet potato).



**EAT FACT:** This full recipe provides **1 EAT portion of cow's milk** dairy products and **1 EAT portion of peanut**.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## SESAMY SWEET POTATO

Ingredients: 1 $\frac{1}{2}$  tsp tahini  
 $\frac{1}{2}$  small sweet potato (mashed)  
Water or breast milk

### Directions:

Mix together the tahini and the mashed sweet potato well. Then add water or breast milk until the desired consistency is reached. If your baby does not mind the taste of tahini, feel free to add more tahini into the mix! As an alternative to water or breast milk, you can also use an EAT portion of full-fat cow's milk (75ml) to reach the appropriate consistency.



**EAT FACT:** This recipe provides **1 EAT portion of sesame** (and possibly 1 EAT portion of cow's milk dairy products if cow's milk is used.)

## TAHINI-EGG SURPRISE

Ingredients: 3 tsp tahini  
1 boiled egg (blended)  
Water or breast milk

### Directions:

Blend a chopped boiled egg with 1-2 tablespoons of water or breast milk until a smooth egg paste is formed. Take half this amount and mix in the tahini. Then add about 4-6 teaspoons of water or breast milk until the desired consistency is reached.



**EAT FACT:** This recipe provides **2 EAT portions of sesame** and **2 EAT portions of egg**.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## HOUMOUS-TAHINI DIP

Ingredients: 1½ tsp tahini  
4 tbsp houmous  
1½ tsp hot water

### Directions:

Mix together these ingredients well. Then dip with thin slices of soft cooked and cooled vegetables like carrots, green beans, bell peppers, or even with small pieces of pitta bread!



**EAT FACT:** This recipe provides **2 EAT portions of sesame**.

## PEANUT-TAHINI DIP OR SAUCE

Ingredients: 3 tsp (rounded) peanut butter  
2-3 tsp hot water  
1½ tsp tahini

### Directions:

As a dip: Mix together the water and peanut butter first, before mixing in the tahini. Spread small amounts of this onto pieces of soft toast as finger foods for your baby, or serve this as a dip with cooked and cooled vegetables or rice cakes.

As a sauce: Use the same amounts of tahini and peanut butter, but add slightly more water (about 5-6 teaspoons of water). Use as a sauce for noodles or pasta, and add some mashed sweet potato or cooked soft sweet potato cubes or carrots!



**EAT FACT:** Both these recipes provide **1 EAT portion of sesame** and **2 EAT portions for peanut**.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## BASIC CHEESE SAUCE

Ingredients: 10g butter or 1 tbsp (15 ml) of a cooking oil  
1 tsp flour (3g)  
75 ml full fat cow's milk (or about 1/3 cup)  
25g grated cheese

### Directions:

Melt butter or put oil in a small pan, then thoroughly stir in the flour and cook over gentle heat for one minute. Gradually add in the milk and stir this until the sauce thickens and begins to boil. Remove this sauce from the heat and add a bit of grated cheese, stirring until it is melted into the sauce.

Tip: Serve as a cheesy dip for soft cooked vegetables or fishfingers, or mix in 1 EAT portion of pasta (20g uncooked 100% wheat pasta). You can even blend or mash into the pasta an EAT portion of cooked fish (1/8 of a fish fillet or 1 fishfinger)!



**EAT FACT:** This full recipe provides **4 EAT portions of cow's milk** dairy products (and possibly 1 EAT portion of wheat and/or 1 EAT portion of fish if served with the sauce).

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## BABY'S FIRST FISH PIE

(This recipe may make up to 4 servings for your baby)

Ingredients: 100g 'white' or 'oily' fish  
150g potato (chopped)  
150 ml full fat cow's milk  
50g fresh or frozen peas  
1/2 bay leaf  
Sprinkle of parsley (fresh chopped or dry)

### Directions:

Cook the fish in cow's milk with a bay leaf for 5-10 minutes, until the cooked fish flakes easily. Then take out the fish and remove all bones and skin. Remove the bay leaf and sieve the cooking liquid, then return the liquid to the pan. Cook the cut potato pieces in this liquid until soft, adding peas and parsley near the end. When all is cooked, combine the potato, peas, parsley and fish together. Then gradually add the cooking liquor as you purée or mash this to the consistency that suits your baby's stage of weaning.

Tip: Try a 'white' or 'oily' fish like cod, tuna or salmon first. You may freeze any extra amount from this recipe to use later. Feel free also to blend or mash in an EAT portion of pasta or couscous if needed (20g uncooked 100% wheat pasta or couscous). If you have any extra cooking liquid left, you may use this when preparing other solids for your baby.



**EAT FACT:** This full recipe provides **4 EAT portions of fish** and **2 EAT portions of cow's milk** dairy products.

## CHEESY SCRAMBLED EGGS & TOMATO

Ingredients: 1 tbsp (15 ml) of a cooking oil  
 $\frac{1}{2}$  small tomato (chopped)  
75 ml full fat cow's milk  
1 egg (beaten)  
8g grated cheese

### Directions:

Put oil in a pan, then fry the chopped tomato then stir in the flour and cook over gentle heat for one minute. Gradually add in the milk, then quickly stir in a beaten egg. Continue stirring for a few minutes until the sauce thickens and begins to boil. Then remove this sauce from the heat and add a bit of grated cheese, stirring until it is melted into the sauce. Serve as a cheesy dip for soft cooked vegetables or mixed in with some mashed pasta. If desired, include a bit of mashed well cooked courgette or sweet potato for an added touch!

Tip: For added flavour, put a clove of garlic in with the oil and chopped tomato, then remove the garlic at the end of the cooking if you do not want to give this to your baby. Depending on your baby's appetite and stage of development, you can also serve the cheesy scrambled eggs and tomato with half a thick slice of wholemeal bread. The bread works well to help soak up cooking juices from the dish.



**EAT FACT:** This full recipe uses **2 EAT portions of cow's milk** dairy products and **2 EAT portions of egg** (and possibly 1 EAT portion of wheat if  $\frac{1}{2}$  a thick slice of wholemeal bread is used).

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## NUTTY HOUMOUS DIP

Ingredients: 1½ rounded tsp of peanut butter  
½ -1 tsp of hot water  
4 tbsp houmous  
1½ tsp tahini

### Directions:

Mix together the water and peanut butter first. Then mix in the houmous and tahini. Serve as a dip with fingerfoods like thin slices of cooked and cooled vegetables or with small pieces of pitta bread or wholemeal bread.



**EAT FACT:** This full recipe provides 2 EAT portions of sesame and 1 EAT portion for peanut.

## SESANUT MASH

Ingredients: 3 tsp tahini  
1½ tsp (rounded) peanut butter  
1 small sweet potato (mashed)  
Water or breast milk

### Directions:

Mix together the tahini and mashed cooked sweet potato first. Then add water or breast milk until the desired consistency is reached before mixing in the peanut butter. If your baby likes peanut butter, feel free to add in more peanut butter!



**EAT FACT:** This recipe provides 2 EAT portions of sesame and 1 EAT portion of peanut.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## EGG TAHINI-PEANI PURÉE

Ingredients: ½ boiled egg (blended)  
1½ tsp tahini  
¾ tsp (rounded) peanut butter  
2-3 tsp water or breast milk

### Directions:

Blend a chopped boiled egg with 1-2 tablespoons of water until a smooth egg paste is formed. Take half this amount and mix in the tahini, before adding in the peanut butter (it may be best to mix the peanut butter with 1 teaspoon of water or expressed breast milk first to thin it out a little). Then mix in additional water or expressed breast milk as needed until the desired consistency is reached.

Tip: This recipe can be served on its own, as a dip or spread on toast. It can also be served hot or cold. If your baby likes the taste of peanut, feel free to add in up to 1½ rounded teaspoons of peanut butter!



**EAT FACT:** This full recipe provides 1 EAT portion for egg, 1 EAT portion of sesame and ½ EAT portion for peanut.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## SALMON, BROCCOLI & CHEESE PASTA

(This recipe may make up to 4 servings for your baby)

Ingredients: 100g 'white' or 'oily' fish  
40g pasta shapes  
3 or 4 broccoli florets  
150ml full-fat cow's milk  
15g butter  
15g flour  
16g cheddar cheese (grated)

### Directions:

Steam, poach and lightly fry or oven bake the salmon. In a separate pot, boil the pasta in unsalted water until tender, steaming the broccoli over the pasta in the last few minutes. Meanwhile, make a white sauce with the milk, butter and flour, stirring until thickened. Then stir in the grated cheese to make a cheesy sauce. Drain the pasta and broccoli and place in a serving dish. Pour over the sauce and serve!

Tip: When making the sauce, add extra water or full-fat cow's milk if needed to make the sauce to the right consistency for your baby. This recipe also likely makes more than what your baby can eat in a sitting so you can freeze the leftovers to use later. Remember to use 100% wheat pasta in this recipe, and you can also create a variation with couscous!



**EAT FACT:** This full recipe provides **4 EAT portions of fish**, **2 EAT portions of wheat** and **4 EAT portions of cow's milk** dairy products.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## OMELETTE BAKE

(This recipe may make 3 servings or more for your baby)

Ingredients: 3 eggs (beaten)  
2-3 tbsp full-fat cow's milk  
24g cheddar cheese (grated)  
Fillings as desired (see below)

### Directions:

Beat the milk and eggs well together and then add the grated cheese. Then add minced or chopped fillings as desired (e.g. ham or tuna, onions, peppers, tomatoes, sweet corn or spinach). Pour this mix into a casserole dish and bake for 180°C (or gas mark 4) for about 20-30 minutes or until done.

Tip: Depending on your baby's appetite and stage of development, you can also serve this dish with half a thick slice of wholemeal bread. This recipe also likely makes more than what your baby can eat in a sitting so you can freeze the leftovers to use later.



**EAT FACT:** This full recipe uses **6 EAT portions of egg** and **3 EAT portions of cow's milk** dairy products (and possibly 1 EAT portion of wheat if  $\frac{1}{2}$  a thick slice of wholemeal bread is used).

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## WHEATY PORRIDGE JUMBALAYA

Ingredients: 1 weetabix biscuit  
75ml full-fat cow's milk  
 $\frac{1}{2}$  boiled egg (blended)  
 $1\frac{1}{2}$  tsp tahini  
 $1\frac{1}{2}$  tsp (rounded) peanut butter  
Water or breast milk as needed

Directions: First blend a chopped boiled egg with 1-2 tablespoons of water until a smooth egg paste is formed. Then heat the full-fat cow's milk and mix this with the weetabix until a smooth purée consistency is formed. Add in half the blended egg paste, peanut butter and tahini, stirring well until it disappears into the wheat porridge. If needed, stir in additional amounts of water or breast milk to get the consistency that is right for your baby. Best if served warm.

Tip: This recipe combines 5 EAT Study key foods at one time! If you desire, you can try mixing three or four of the key foods together first (like weetabix-milk-tahini or weetabix-milk-egg) before trying the full recipe. You may also add a bit of mashed banana or other puréed fruit to this recipe to give a bit of natural sweetness and added flavour.



**EAT FACT:** This full recipe provides 1 EAT portion of wheat, 1 EAT portion of egg, 1 EAT portion of cow's milk, 1 EAT portion of sesame and 1 EAT portion for peanut.

## NUTTY TUNA SPREAD

Ingredients: 25g tuna (fresh or canned)  
3 tsp tahini  
3 tsp (rounded) peanut butter  
Water or breast milk

Directions: Cook the fresh tuna or use canned tuna in this recipe. Then mash the tuna with a bit of water or breast milk, before mixing in the tahini and peanut butter. If needed, mix in additional water or breast milk until a smooth paste-like consistency is reached. Use this as a dip for soft cooked finger foods or as a spread on wholemeal toast or pitta bread!

Tip: You might also want to add in some cooked mashed sweet potato to this dish. Besides tuna, you can try salmon, cod or haddock in this recipe.



**EAT FACT:** This full recipe provides 2 EAT portions for fish, 2 EAT portions of sesame and 2 EAT portions for peanut (and possibly 1 EAT portion of wheat if  $\frac{1}{2}$  a thick slice of wholemeal bread or  $\frac{1}{2}$  an adult sized plain wholemeal pitta is used).

## EAT WHEATY MIX & MASH

Ingredients: 1 weetabix biscuit  
75 ml full-fat cow's milk  
12.5 grams cooked or canned fish (blended)  
 $\frac{1}{2}$  boiled egg (blended)  
 $1\frac{1}{2}$  teaspoons tahini  
 $1\frac{1}{2}$  rounded teaspoons of peanut butter  
Additional water or breast milk as needed

Directions: Heat the full-fat cow's milk and then mix this with the weetabix until a smooth purée consistency is formed. Add in the peanut butter and tahini, stirring well until it disappears into the wheat porridge. Then add in the blended or mashed amount of cooked or canned fish (cod or tuna may be good kinds of fish to try at the beginning). Stir in half of a blended boiled egg and then small amounts of water or breast milk if needed to get the consistency that is right for your baby.

Tip: This recipe combines 5 EAT Study key foods at a time! If desired, you may also add a bit of mashed banana or other puréed fruit to give a bit of natural sweetness and added flavour. As your baby gets older, offer lumpier textures like mixing in well flaked fish or mashed ripe pieces of fruit.



**EAT FACT:** This recipe provides 1 EAT portion of wheat, 1 EAT portion of egg, 1 EAT portion of cow's milk dairy products, 1 EAT portion of fish, 1 EAT portion of sesame and 1 EAT portion for peanut.

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## EGGY CHEESE SOLDIERS

Ingredients: 1 thick slice wholemeal bread  
1 egg (beaten)  
8g full-fat cheese (grated)

Optional:  
 $1\frac{1}{2}$  tsps (rounded) of peanut butter  
Chopped fresh or dry oregano & basil

Directions: Soak a thick slice of wholemeal bread in a beaten egg, switching sides until all the beaten egg has been soaked up. Then in a slightly oiled pan, pan fry both sides until done, before sprinkling on the grated cheese. Cut lengthwise into little toast fingers.

Tip: If you like, spread an EAT portion of smooth peanut butter or sprinkle some oregano and basil on before adding the cheese!



**EAT FACT:** This full recipe provides 2 EAT portions for wheat and 2 EAT portions of egg, 1 EAT portion of cow's milk dairy product (and possibly 1 EAT portion for peanut if peanut butter is used in the recipe).

**\*\*1 EAT Portion is half a weekly guideline amount for an EAT Study key food!\*\***

## FREQUENTLY ASKED QUESTIONS (FAQs)

*Qn: What about sesame sticks, sesame snaps or sesame crackers?*

These products should not be used to count towards the weekly guideline amounts of sesame or wheat as they do not contain adequate amounts of the food protein needed unless very large quantities are eaten.

*Qn: What about other wheat foods like multigrain cheerios, rusks, crackers or breadsticks?*

These products should also not be used to count towards the weekly guideline amounts for wheat. This is because crackers and multigrain cheerios usually contain low quantities of wheat protein in standard serving sizes. Rusk and breadstick products also vary in protein content and so are not recommended to count towards the EAT weekly guideline amounts for wheat.

*Qn: What about other allergenic foods like shellfish, soya, seeds or nuts (other than sesame or peanuts)?*

We would like to encourage you to follow the government guidelines which recommend introducing shellfish, soya, seeds or nuts (other than sesame or peanuts) after your baby turns at least 6 months of age. If you wish to introduce these foods, start with small amounts and introduce them one at a time, so that you can be sure your baby is tolerating these foods well.

*Qn: What if my child is allergic to one of the EAT Study key foods?*

If your child has a confirmed food allergy to one or more of the EAT Study key foods, you can still use the suggested recipes provided in this booklet! For example, if your child has an allergy to cow's milk, you can choose to simply omit cow's milk from recipes that include it as an ingredient and use water instead, or use expressed breast milk (if your baby can tolerate your breast milk) or an appropriate formula to substitute for the cow's milk in the recipe.

*Qn: How long should my baby and I follow the Star Chart?*

When your baby is comfortably established on the 6 key foods (unless advised otherwise by your EAT Study Team), continue to offer these key foods in the guideline amounts until your baby reaches 1 year of age. Between 1 to 3 years of age, we strongly encourage you to continue to offer the 6 key foods in the same weekly guideline amounts, though you may choose to give more than these weekly guideline amounts if you wish. After 3 years of age, it is at the parents' discretion whether to continue offering these key foods in the weekly guideline amounts or not.

Note that after 3 years of age, most children are consuming egg, milk, wheat and fish on a regular basis anyway. The two foods that you may need to consciously include regularly in your child's diet are peanut and sesame. However, the weekly guideline amounts for these two foods (3 teaspoons each) remains small. Our research team is also undertaking other studies to help determine the importance of ongoing regular consumption.

Remember that when your baby is comfortably established on the 6 key foods, you may begin mixing key foods together or offering them in slightly larger quantities. This means that you have more flexibility in terms of what times during the week and how much of a key food you would like to offer your baby at a time. The aim is just for your baby to have the 6 key foods in the guideline amounts on a weekly basis.

*Qn: What about family meals?*

As your baby gets more and more comfortably established on solids during the weaning process, we encourage you whenever possible to include your baby in family meals. Feel free to have baby sit in a highchair with the family during meal times, even if baby is still having his or her own specific baby prepared foods. Over time, you may also begin to offer small amounts of foods (prepared without salt) from the family table, as long as it is appropriate to the baby's feeding development stage.

*(Continued Response to Qn: What about family meals?)*

The EAT recipes provided in this booklet are designed to help your baby meet the EAT weekly guideline amounts for the EAT Study key foods. So though you may increase an EAT recipe to make a family sized meal or use other recipes, you may need to work out the quantity of an EAT Study key food(s) that your baby actually took in from the quantity served.

**Thank you**  
**for your continued participation**  
**in the EAT Study!**

**Questions? Need Advice? Contact the EAT Study Team at**  
**0800 358 0021 or at [eatstudy@gstt.nhs.uk](mailto:eatstudy@gstt.nhs.uk)**

