

Homemade baby food in pictures

Homemade baby food ingredients



Start simple: along with iron- fortified cereal, baby's first solids can be single foods like mashed banana or avocado, or cooked and pureed apple, pear, pumpkin or potato.



Once baby is enjoying a good range of fruits and vegetables, introduce some fresh beef, lamb, pork or chicken (not pickled, salted or smoked). Mix meat with vegetables or even fruits like apple or pear.



Gradually try more foods and textures. When baby's teeth arrive, try flaky loose fish, mashed legumes loose fish, mashed legumes and couscous. Include berries, citrus and stone fruit that has been deseeded and mashed.

Preparing and cooking homemade baby food



Step 1: to make baby food, first peel the skin off fruits and vegetables, trim the fat off meats, and remove any skin from chicken.



Step 2: steam, microwave or boil the foods until cooked, and set aside some of the cooking liquids.



Step 3: puree food, adding cooking liquid if needed. For babies over eight months, chop meat finely and keep skin on cooked vegetables. Mash other foods with a fork. Remove bones from fish.

Storing and serving homemade baby food



Freeze pureed baby food in clean ice cube trays. Spoon the puree into the trays and cover with plastic wrap. Freeze for 30 days maximum.



Store solids in plastic containers or glass jars. Keep for up to two days in the fridge or one month in the freezer. Label containers with contents and use-by date.



To serve, pop out food cubes into a glass or ceramic bowl. Warm in the microwave or on the stove. Stir well to get rid of hot spots. Test temperature with a clean spoon on your lip before serving to baby. Discard any leftovers – don't refreeze.