From first tastes
to family foods
Your guide to weaning
Welcome to the world of weaning from SMA Nutrition

"I love being a mum and, at a lot of the time, I find that what to do comes naturally; however, every now and again, along comes a stage in my son's development where I'm not sure what to do or how to do it. For me, weaning was one of those stages.

Thankfully, the SMA Caroline* is always available to answer questions about all aspects of baby care and, as they are experts in baby nutrition, they have lots and lots of information about making the transition from milk to solids, and all the pulsed, mashed and lumpy bits in between.

To help mums even more, SMA Nutrition has developed this booklet all about weaning, packed full of everything a mum needs to know when her baby is ready for her first tastes of 'real' food - and beyond!

Happy reading and, for your baby, happy eating!"

Kirstie Alhoff

Throughout this booklet, we often mention healthcare professionals - this covers the main healthcare professionals you may interact with, such as GPs, midwives, health visitors, public health nurses, doctors and paediatricians.

In this booklet, 'he' is used to refer to both male and female babies.
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"When can I start weaning my baby?"

The UK Department of Health and The Health Promotion Unit in the Republic of Ireland recommend breast feeding exclusively for the first 5 months as breast milk provides all the nutrients your baby needs, along with many other benefits for baby and for mum.

Mums are advised to introduce their babies to solid food - weaning - when they are about 6 months old (and not before 20 weeks old). However, all babies, whether they are breast fed or bottle fed, develop at different rates and by about 6 months, or earlier for some babies, your baby may be showing signs of not being totally satisfied by her feeds. If this is the case with your baby, talk to your healthcare professional.

If your bottle fed baby is still showing signs of being hungry after a feed, even when you have increased milk feeds for a few days, your healthcare professional may advise you to use an infant milk specially developed for hungrier babies. These curd-based baby milks take longer to digest and may help you to postpone weaning until the recommended age of 6 months. If you think your baby would benefit from a curd based formula, talk to your healthcare professional or call the SMA Caroline* on 0845 776 2900 (UK), 1800 931 832 (ROI).
"When can I give my baby cows' milk?"

Cows' milk should not be given as a main drink until 1 year of age. Between 6 months and a year, choose either breast milk, infant milk or follow-on milk, such as SMA Progress*, for your baby.

By giving your baby 500 - 600 ml of Progress* every day, you can be sure she is getting all the nutrients she needs for healthy growth and development - without ruining her appetite! And your baby doesn't even have to drink the milk. It can be added to soups, used as an ingredient for desserts and sauces, added to mashed vegetables and poured over cereals.

Time for something extra?

- Still hungry after a feed?
- Demanding feeds more frequently?
- Waking at night having previously slept through?
- Showing an interest in food?
- Starting to chew hands and toys?

If your baby is about 6 months old and is showing any of these signs, she might be trying to tell you she is hungry. It could be time to start weaning.

However, all babies develop at different rates and if your baby is less than 6 months old and is showing any of these signs, talk to your healthcare professional. Your healthcare professional will be able to give you advice and, if you are bottle feeding, may suggest that you change your baby to an infant milk specially developed for hungrier babies, which can sometimes help to postpone weaning until the recommended age of 6 months.

For information about feeding your baby on weaning, contact the SMA Careline on 0845 776 2900 (UK), 1800 931 832 (ROI) or visit www.smanutrition.co.uk or www.smanutrition.ie
Marvellous milk

Milk will remain an important part of your baby’s daily diet all the way through childhood, providing vital energy and nutrients. At this stage, it’s very important to use the right kind of milk - and that means no cows’ milk as the main drink until your baby is 1 year old.

Cows’ milk can be mixed in small amounts in weaning food. However, because it has very little iron and vitamins C and D, healthcare professionals don’t advise it’s used as a main drink for babies under the age of 12 months.

Follow-on milks such as Progress have been specially developed to provide babies over 6 months with the important nutrients and energy they need as part of a balanced weaning diet. Older babies only need to drink between 500 - 600 ml (about a pint) a day, to help them get everything they need for healthy growth and development as they get to grips with eating a healthy mixed diet. A minimum of 350 ml should be given to babies over 1 year old.

How do they compare?

An at-a-glance comparison of the key nutrients in 180 ml of cows’ milk compared to 180 ml of SMA Progress:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Cows’ milk</th>
<th>SMA Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>0.8%</td>
<td>34%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>12%</td>
<td>84%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0%</td>
<td>38%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>16%</td>
<td>35%</td>
</tr>
</tbody>
</table>

* % RNI (Reference Nutrient Intake) for 1 - 3 year olds
SMA Progress...

- Complements a varied weaning diet and helps older babies and toddlers meet their nutritional needs.
- Is available in powder form (tins and convenient sachets) and ready-to-use cartons.
- Is easy to incorporate into the diet of your older baby or toddler, either as a drink, poured over cereal or as an ingredient in dishes (great for sauces and puddings).

For information about SMA Progress, contact the SMA Carline on 0845 776 2900 (UK), 1800 931 832 (ROI) or visit www.smanutrition.co.uk or www.smanutrition.ie
The iron age

Babies have their own natural store of iron but by the time they are about 6 months old, this has all been used up. Babies need iron for brain development and healthy red blood cells so, after 6 months, it’s vital your baby receives all the iron she needs from the food she eats. This can be topped up with her usual milk, especially if she’s going through a fussy or faddy phase or if she’s off her food for a few days.

However, if your baby is drinking 500 - 600 ml of follow-on milk, such as SMA Progress, she is likely to be receiving all the iron she needs. It’s also a good idea to give your baby food or drinks that are high in vitamin C at mealtimes, as this will help her body to absorb iron.

Suitable iron rich foods

- Meat: lean beef, lamb, pork
- oily fish (take care as it may contain bones) sardines, tuna, mackerel, pilchards
- Pulses: lentils, chickpeas and beans
- Breakfast cereals with added iron
- Follow-on milks, such as SMA Progress
- Dried fruits (take care with small fruits such as sultanas and currants as they may cause choking): apricots, figs, prunes
- Dark green vegetables: spinach, broccoli

* No more than 2 portions of oily fish should be given per week to girls and no more than 4 to boys. Food standards Agency 2007, www.nutrition.gov.uk/agreement stages/children/yourkids/foodilled (last accessed 20/11/2017)
More, more, more!

Iron isn't the only nutrient babies need - she needs lots of others too, including calcium, zinc, vitamin A, vitamin C & D.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Where your baby will find it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Cheese, yoghurt &amp; other dairy foods: broccoli, cabbage, tofu, white bread, cows' milk (^1), SMA Progress</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Daylight on skin (^*), kippers (^2), mackerel (^3), eggs (^4), margarine, fortified breakfast cereals, SMA Progress</td>
</tr>
<tr>
<td>Zinc</td>
<td>Lean red meats [such as beef and lamb], dairy foods, bread, cereal products, tofu, SMA Progress</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Dairy products, eggs (^5), margarine, spinach, carrots, apricots (^6), tomatoes, SMA Progress</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus fruits [including juices], strawberries, kiwi fruit, cabbage, sprouts, cauliflower, peas, potatoes, SMA Progress</td>
</tr>
</tbody>
</table>

\(^1\) Not suitable as a sole drink until your baby is at least 1 year old.
\(^2\) No more than 2 portions of any fish should be given per week to girls and no more than 4 to boys. Food Standards Agency 2007, www.eatwell.gov.uk/age-related-issues/children/archived/foodstandardsagency20070606.htm (last accessed 22/06/2007)
\(^3\) Ensure that egg yolks and whites are fully cooked until solid.
\(^4\) Eggs once should be taken whilst feeding your baby dried fruits such as sultanas and currents as they can cause choking.
\(^5\) Be careful to avoid such foods.

NB: During weaning, if you are breast feeding your baby or if your baby is drinking less than 500-600 ml of infant milk or follow-on milk a day, have a chat with your healthcare professional about ensuring your baby is getting all the nutrients she needs. You may be advised to use vitamin drops containing vitamins A, C and D - but ask your healthcare professional for more information about this.

SMA Progress

Progress is a follow-on milk which contains all the essential nutrients older babies and toddlers need as they make the gradual transition to family meals.

Progress can be used from 6 months to 2 years. Contact the SMA Careline on 0845 776 2900 (UK), 1800 931 832 (ROI) or visit www.smanutrition.co.uk or www.smanutrition.ie for more information.

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