

Recipes for me!

As I begin my journey to discover solid foods, here are some nutritious and yummy recipes you can prepare for me!

Pumpkin & salmon rice porridge

Makes 2 baby portions

6–9 months



Ingredients

- 3 tbsp of pumpkin, skin and seeds removed, cut into 1cm cubes
- 2 tbsp flaked salmon
- 1½ bowl thin porridge

Method

- Steam pumpkin cubes for 10–15 minutes until soft. Mash pumpkin and fish together using a fork. Set aside.
- Bring porridge to a boil. Stir in mashed fish and pumpkin. Lower to medium heat.
- Cook for another 2 minutes and serve.



Cooking tip:

Instead of pumpkin, you can use any melon-type or root vegetables such as winter melon, palm melon, sweet potatoes, carrots, etc.



Rice cereal with spinach & egg yolk

Makes 2 baby portions

6–9 months

Ingredients

- 6 level tbsp infant rice cereal
- 160ml breast/formula milk
- 5 spinach leaves
- ½ egg yolk

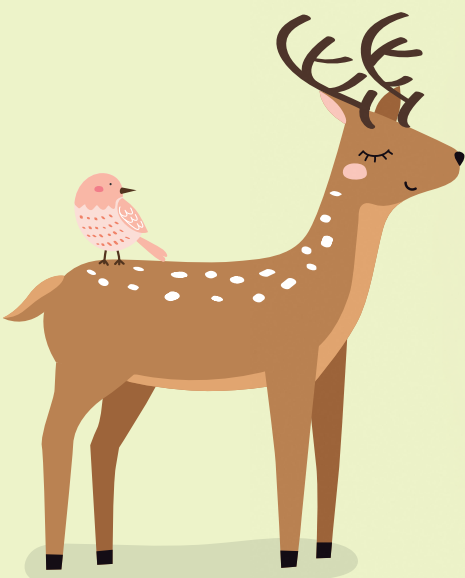
Method

- Wash the spinach and soak in water for 1 hour. Blanch in water. Drain and chop finely and grind through a strainer to make a smooth vegetable puree.
- Place an egg in a pot. Add water and bring to a boil. Cook the egg for 10 minutes until done. Remove egg shell and take out ½ the egg yolk.
- Mash with a fork and mix with a small amount of water to form a puree.
- Mix milk with baby rice cereal as directed on packaging. Add vegetable and egg yolk puree and mix well to serve.



Healthy eating tip:

Most infant rice cereals are enriched with iron. This is an important source of iron for babies who are not ready to eat meat.



Chicken & mushroom mash

Makes about 4 baby portions

10 – 12 months

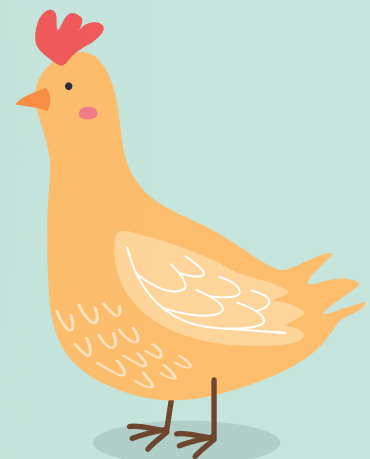
Ingredients

- 1 large potato, peeled and diced
- 1 tbsp breast/formula milk
- 1 tsp cooking oil*
- ½ small onion, peeled and diced
- 4 mushrooms, diced
- 2 tbsp frozen vegetables (carrot, corn, green peas)
- 100g chicken breast, diced
- 100ml water
- 1 tsp corn flour
- 1 tbsp soft cheese

**Choose cooking oils with the Healthier Choice Symbol.*

Method

- Boil the potato in water until tender. Drain well. Add the milk and mash.
- In a pan, heat the oil and fry the diced onion for several minutes to soften.
- Add the diced mushrooms, frozen vegetables, chicken and water and cook for 15 minutes until the chicken is cooked.
- Blend the corn flour with a little water to make a smooth paste and add to the mixture. Bring to a boil and cook for a few minutes to thicken the mixture.
- Add the mashed potato and soft cheese. Mix well.
- Chop or mash to the desired consistency.



Carrot & lentil soup

Makes about 4 baby portions

10 – 12 months

Ingredients

- ½ tbsp cooking oil*
- ½ small onion, peeled and diced
- ½ tsp finely chopped garlic/garlic paste
- 1 large carrot, peeled and diced
- 50g dried lentils
- 300ml water

Method

- Heat the oil in a large pan, add the onion, garlic and carrots and fry gently. Stir regularly for 5 minutes.
- Add the lentils and water and bring to a boil, stirring occasionally.
- Simmer for about 20 minutes with a lid on until the lentils are soft.
- Mash until you get the texture you want and cool before serving.
- You may serve the soup with pita bread.

**Choose cooking oils with the Healthier Choice Symbol.*



Healthy eating tip:

Including mashed vegetables in soups is a good way to increase my vegetable intake. If you want, replacing carrots with pumpkin or sweet potato works too!

Sweet potato fries

Makes 2–4 servings

10–12 months

Ingredients

- 1 large sweet potato with orange flesh
- ½ tbsp cooking oil*

Method:

- Preheat oven to 200°C for 10 minutes and line a rimmed baking tray with foil. Coat with a drizzle of cooking oil.
- Wash and dry the sweet potato.
- Cut in half, then cut lengthwise into strips. Cut each strip in half again until each is about ½-inch thick. If the sweet potato is very long, slice in half horizontally. Strips should be about the size of your finger.
- Place into a large bowl and toss with healthy oil until evenly coated.
- Spread onto prepared baking tray and roast for 22–25 minutes or until soft.
- Let cool slightly and serve as finger food.

**Choose cooking oils with the Healthier Choice Symbol.*



Cooking tip:

- Spread the wedges out on the baking tray so they don't overlap. This will ensure even cooking.
- Poke the fries with a fork or small knife to see if it's very soft.

Other ways to serve:

- For a thick mash, remove skin and mash with a fork one at a time. For larger portions, you can use a food processor or blender.
- For a thinner sweet potato puree, mash with a fork and add 1 tablespoon warm water at a time to reach your desired consistency.

This recipe can be made in bulk, which saves time! Store it in the fridge for up to 3 days and remember to reheat before eating.

Chickpea & cheese dip

Makes 4 servings

10 – 12 months

Ingredients

- 1 cup chickpeas, boiled and mashed
- 3 tbsp low-fat cream cheese
- 1 tsp lemon zest, grated
- Optional: wholemeal crackers

Method

- Boil chickpeas and mash them.
- Add water if needed, to achieve desired consistency.
- Mix all ingredients together until well blended and combined.
- For extra crunch, serve it with wholemeal crackers!



This recipe can be made in bulk, which saves time! Store it in the fridge for up to 3 days and remember to reheat before eating.

How much food should you feed me?

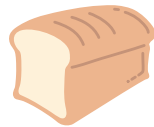


In the early stages, start by giving me 1–2 teaspoons of solids. Slowly increase the amount to 1–2 tablespoons, 2–3 times a day. As I get used to weaning, you can gradually increase the portion size, eventually making it a full meal that can replace one of my milk feeds. Once I am around 10–12 months, I can be given 3 meals of solids a day.

The recommended daily servings and food portions

<p>RICE AND WHOLEMEAL BREAD</p>	<p>2 servings =</p>		
<p>FRUIT (Do note that fruit can't be used to replace vegetables or vice versa as they contain different types of nutrients.)</p>	<p>½ serving =</p>		
<p>VEGETABLES</p>	<p>½ serving =</p>		
<p>MEAT AND OTHERS</p>	<p>½ serving =</p>		
<p>MILK</p>	<p>500 – 750ml/ 2 – 3 cups</p>		

4 slices of bread



OR

1 small bowl* of rice/noodles/bee hoon



OR

2 large potatoes

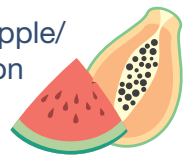


½ banana/apple/orange/mango



OR

½ wedge of pineapple/papaya/watermelon



½ small bowl* of vegetables

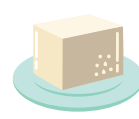


½ palm-size of meat



OR

1 block of bean curd



OR

½ small bowl* of legumes



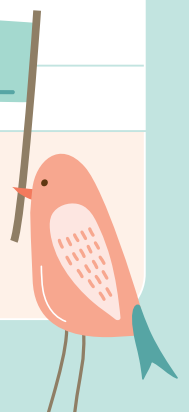
500 – 750ml/
2 – 3 cups



*Bowl size refers to a small rice bowl.

Recommended daily servings include all meals and snacks consumed in a day.

Please pay attention to my bowel movements, height and weight to ensure that I'm eating well.



On the menu today

Sample daily meal plan for babies: **6-9 months** (smooth and lumpy food)

Let's get started with some sample daily menus to give you an idea of the types of food you can prepare! These plans serve as a guide only, so do feed me according to my appetite as I can decide whether I want to eat and how much to eat.



Early morning

150ml breast/formula milk



Breakfast

3-4 tablespoons* of cereal mixed with 60ml breast/formula milk and 1/4 medium banana (pureed)



Mid morning 180ml breast/formula milk

Afternoon

180ml breast/formula milk



Lunch

1/2 bowl** of porridge with minced chicken (23g) and mashed pumpkin (25g)



Nap time



Dinner

- 1/2 bowl** of porridge mixed with a small block of mashed tofu (43g) and mashed broccoli (25g)
- 1/4 small pear that's been scraped



Reading time



Supper 180ml breast/formula milk



Total servings

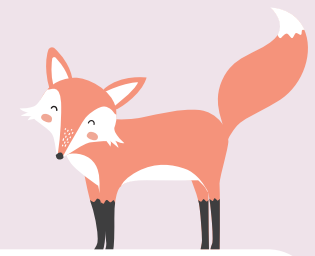
Rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
1-2	1/2	1/2	1/2	500-750ml

*1 tablespoon = 15g
**Rice bowl



On the menu today

Sample daily meal plan for babies: **10 – 12 months** (mashed, chopped and cut food)



Rise & shine



Early morning

150ml breast/formula milk



Play time



Breakfast

- 3 – 4 tablespoons* of oat cereal mixed with 60ml breast/formula milk OR 1 slice of wholemeal bread with ½ mashed egg yolk
- ¼ wedge of papaya

Bath time



Mid morning 180ml breast/formula milk

Afternoon

180ml breast/formula milk



Play time



Lunch

½ bowl** of porridge with a small block of tofu (43g) and finely chopped chye sim (25g)



Nap time



Nap time



Dinner

- ½ baked/mashed large potato mixed with cooked minced/chopped chicken (23g), finely grated carrot (15g) and finely chopped tomato (15g)
- ¼ wedge of watermelon



Reading time



Supper 180ml breast/formula milk



Total servings

Rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
1 – 2	½	½	½	500 – 750ml

*1 tablespoon = 15g
**Rice bowl

