



**Fresh
New Zealand
grown vegetables**
for babies and
young children...

*One of the greatest gifts you can
give your child is a love of vegetables.*

*Puréed vegetables, along with fruit
and baby rice, can be introduced as
soon as it's time to take solids.*

*Fresh New Zealand grown vegetables offer
many different tastes and textures and
come packed with nutrients which give
your baby a head start on good health.*

*fresh
New Zealand
grown vegetables,
what a great
start in life!*

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how to prepare vegetables for babies from 6 months...

Select good quality fresh vegetables. Wash them well.



Peel if necessary. Cut into even sized pieces.



Boil or microwave with a small amount of water until soft. Alternatively, steam.



Purée or sieve so that the vegetables are free from lumps. A hand held blender can be used. Do not add sugar or salt.

Serve warm, not hot. Always test for temperature to avoid burning your baby's mouth.

Prepare vegetables when you have time and freeze in small portions, e.g. ice block trays. Thaw a portion in the microwave or over boiling water. Stir well. If using a microwave, stand vegetables for 2-3 minutes and test for temperature before serving.

Start with a small amount of puréed vegetables and gradually increase amount. Choose first vegetables from potato, kumara, pumpkin, carrot, marrow and courgette.

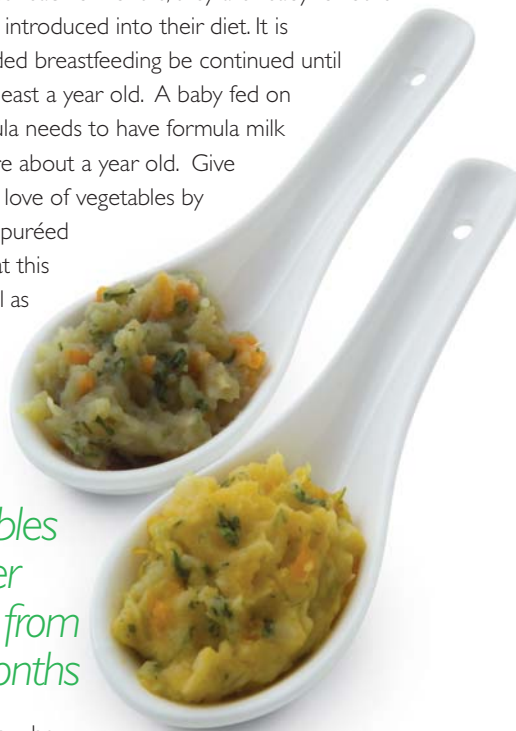


Introduce only one new food every 3-4 days. If rejected, leave for a few days before trying again. Try adding a little puréed pear or apple to the vegetables as some babies prefer this.

Thin puréed vegetables by adding a small amount of expressed breast or formula milk.

vegetables for babies at 6 months

When babies reach 6 months, they are ready for other foods to be introduced into their diet. It is recommended breastfeeding be continued until they are at least a year old. A baby fed on infant formula needs to have formula milk until they are about a year old. Give your child a love of vegetables by introducing puréed vegetables at this stage, as well as fruit and baby rice.



vegetables for older babies from 7-8 months

Food can now be mashed with a fork.

Offer new vegetables one at a time, maybe mixing a new one with a known favourite. If a new food is rejected, try again in a few days. It can take repeated attempts for baby to accept a new food.

To get baby used to a wide range of vegetables and textures introduce other vegetables e.g. cauliflower, broccoli, yams, peas, swede, turnip, mushrooms, puha, taro, silverbeet and spinach.

Do not add salt or sugar to the vegetables.

finger food for babies (7-8 months)

Little bite-sized portions of cooked vegetables make an excellent snack. This is great high chair food. Young children often like the taste and texture of potatoes, kumara, pumpkin, carrot and yams.



Try small portions. Wash or scrub.

Always peel pumpkin. Peel potato and kumara if desired.

Use a microwave to cook small quantities. Pieces the size of a small yam will take about 50 seconds to microwave on high power. Cool before giving to baby.

Toddlers can be offered raw finger foods such as:

- whole small green beans
- celery sticks/slices
- carrot sticks/slices
- cherry tomatoes

While the child is young, wrap and tie the food in a piece of muslin. This will stop pieces breaking off. Let your child chew and suck on the food through the muslin.

