



vegetables for  
your baby...

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

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

*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  
vegetables**  
what a great  
start in life!

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## how to prepare your vegetables...

- 1 Select good quality fresh vegetables. Wash them well.
- 2 Peel, if necessary, cut into even sized pieces.
- 3 Boil or microwave with a small amount of water until soft. Alternatively, steam.
- 4 Puree or sieve so that the vegetables are free from lumps. Hand held blenders are ideal.
- 5 Serve warm, not hot. Do not add salt or sugar.



## making it easy for yourself..

- Freeze any leftovers in ice cube trays. You may even wish to prepare extra.
- Simply thaw a cube in the microwave or over some boiling water. Mix well. If microwaving, allow to stand two or three minutes before feeding to prevent scalding.



## vegetables for very young babies

- When babies reach 4-6 months, milk alone may no longer satisfy them. This is the time to think about introducing solids.
- Start with a small amount. Increase it gradually.
- Do not add salt or sugar to your baby's food.
- Take it slowly. Introduce one new food at a time every three to four days. If rejected, leave a few days and try again. Ideal first vegetables are: potato, kumara, pumpkin, carrot, marrow and courgettes.
- Some babies like a mix of pureed vegetables with pureed fruit. Try adding a little pear or apple to the vegetables.
- If your pureed vegetables are too thick, thin by adding a small amount of either expressed breast or formula milk.

## for older babies

- Now you can mash food with a fork instead of pureeing it.
- Getting babies used to a wide range of vegetables is a great idea.
- Try introducing other vegetables e.g. cauliflower, broccoli, yams, peas, swede, turnip, mushrooms, puha, taro, silverbeet and spinach, etc.
- Offer new vegetables one at a time, maybe mixing a new one with a known favourite. If rejected, try again in a few days.



## finger food for babies and toddlers

- Young children generally love the taste and texture of potatoes, kumara, pumpkin and yams. Little bite-sized portions of cooked vegetables make an excellent snack.



- A microwave is terrific for cooking small quantities. Try small portions of potato, kumara, carrot, yam or pumpkin. Wash only; do not peel - except the pumpkin. You may prefer to remove the skin of the potato and kumara. Pieces the size of a small yam will take about 50 seconds on high power. This is great high chair food and gives you time for getting the rest of the meal organised!

- Raw finger foods include a whole green bean, a stick of celery or a carrot. Cocktail tomatoes are also a hit with some children. If your child is very young and you are concerned about pieces breaking off, tie the food in a piece of muslin and let them teeth and suck on the food through the muslin.



fresh New Zealand vegetables...what a great start in life!