

Around 7 to 9 months

# Mashed foods and textured soft lumps

NIP  
ALLERGIES  
IN THE  
*Bub*

## Iron rich foods

## Wider variety of foods, some interest in self feeding

- Once your baby has started to get used to smooth foods, add in thicker, more textured foods. If your baby is not quite ready for this texture, mash or thin the food down a little, and try again later.
- Let your baby play with their foods – that is how they learn about how foods feel and taste. It is also the first stage of self-feeding.
- If you have already offered some of the common allergy causing foods, keep feeding your baby these foods, and gradually expand the range of allergy causing foods your child is eating.



### COW'S MILK

Soft grated cheese makes a nice first finger food. Grated cheese can also be mixed into pureed vegetables. Most commercial baby rusks also contain cow's milk. You could also make a cheese sauce to go with some mashed vegetables or mixed with cooked fish or pasta. Ricotta or cottage cheeses mixed with fruit, avocado or mashed vegetables is another option. Oat porridge cooked with cow's milk. You can keep offering smooth textures such as custards and yoghurts while you introduce the lumpy more textured foods.



### EGG

Hard-boiled egg can be mashed into pureed vegetables. Try homemade egg custard. Hard-boiled egg with mashed avocado or mashed sweet potato. You can also offer thoroughly cooked scrambled egg.



### WHEAT

Start other iron fortified wheat-based cereals (e.g. Weet-Bix™). Couscous is easy to prepare and can be served with casseroles, and soups. Try small pasta (e.g. risoni) or couscous added to mashed vegetables and meat. Well-cooked spiral pasta is a good finger food. Offer bread (fresh or toasted) with a spread on it. Try offering pikelets.



### FISH

Offer flakes of tinned tuna or salmon (without bones) as a finger food. Steam and flake (break up) the fish and mix with a cheese sauce. Try tinned tuna (no added salt), drained and mixed into mashed vegetables.



### SOY

Silken tofu can be cut into cubes and offered as a soft finger food. If you are mixing tofu into purees, try mashing the tofu so there are soft lumps. Try well-cooked soy beans, mashed.



### PEANUT

Smooth peanut paste can be mixed into mashed foods. Finely ground peanuts can be added to cereals. From around 8 months, try offering peanut spread on small pieces of bread. Finely ground peanuts on casseroles.



### TREE NUTS

Smooth tree nut pastes can be mixed into mashed foods. Finely ground tree nuts can be added to cereals. Try offering nut spreads on small pieces of bread.



### SESAME

Try hummus containing tahini mixed into pureed vegetables.



### SHELLFISH

Try crabmeat or prawns, steamed, minced and mixed with mashed vegetables.

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