



Baby mash recipes

Contact your/the mothers' counsellor for individual nutritional counselling. We take into consideration your child's stage of development, its readiness to eat, and we find its optimal nourishment programme in a personal interview.

Vegetable-potato mash - recipe and preparation

1. step	ingredients	preparation
	2 carrots or pumpkin some water approx. ½ tsp. oil, e.g. from rapeseeds, olives, sunflowers, or butter	Wash, peel, chop and cook the carrots with some water until soft. Then mash. add to the prepared baby mash
2. step	ingredients	preparation
	2 carrots 1 – 2 potatoes water 1 tsp. oil per 100g mash	see above
3. step	ingredients for basic baby mash	preparation
	carrots, potatoes and one new seasonal vegetable; e.g. fennel, courgette, broccoli or cauliflower (without stems), black salsify, kohlrabi, parsnips, chard, pumpkin water 1 tsp. oil per 100g mash	see above
later	additional ingredients for basic baby mash	preparation
	meat 2 – 3 x per week red meat (e.g. veal, beef, lamb or horse-meat) or chicken egg yolk / fish 1 x per week	Boil meat and vegetables together, when cooked make puree. Or: Fat-free, two times minced muscle meat from butcher (20 – 30 grams): sauté in the pan (without oil) until it is thoroughly cooked – then, mix in the prepared vegetables. Cook egg yolk or boneless fish until done.



General

The **amount of baby food per meal** may vary widely depending on the child's size and its metabolism: ranging usually **between 150 and 250 grams**.

Vegetable mash is based on potatoes. Later, those may be replaced by rice, corn (polenta) or millet once or twice a week.

- There is no need to offer a great variety of vegetables.
- Use fresh seasonal vegetables or frozen vegetables without additives.
- The recommended amount of fat is an essential factor for child's development.
- Add vitamin C (e.g. apples, sea-buckthorn, or orange juice) to the vegetable-potato mash in order to improve iron absorption, especially for children on a vegetarian diet; or finish the vegetable meal with a fruit dessert.
- There is no need for salt in vegetable-potato mash until 10 months of age. Salt affects the kidneys of the child.

From the age of 10 months, you can season the vegetable mash with a little bit of salt ("green" cooking salt with iodine and fluorine). Do not use either Aromat or bouillon.

Storage and reuse of the vegetable-potato mash

Refrigerate the cooked but not used vegetables **instantly** to minimise loss of quality.

Cooked vegetable mash can:

- **Be prepared at most two days in advance and kept in the refrigerator.**

Instantly refrigerate and store the vegetable mash which is not used. Reheat it carefully the next day.

- **Can freeze in portions.**

Small portions can be frozen in ice cube trays; for bigger portions may be use yoghurt jars, plastic containers or freezer bags.

Defrost frozen vegetables slowly (possibly in the fridge overnight) and heat them slowly and with care. Then, add oil to the vegetable mash shortly before serving.



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Instant formula

Instant formula in jars or powdered instant formula can be used as an alternative to home-made baby food. Normally, instant formula is produced from organic ingredients. The utmost care is taken in the processing of the products. Unsweetened products are recommended.

Different foods have different effects

Rather laxative effect: fennel, courgette, pear, cooked apple, millet and oats
Generally speaking, when constipated: Consume enough liquids (if the child does not want to drink from the bottle or glass, you can prepare the baby mash using some more liquids).

Rather constipating effect: bananas, raw apples, carrots, rice, bread rolls, plaited loaf (Zopf), white bread, or too thick baby formula.



Fruit puree - recipe and preparation

1. step	ingredients	preparation
	1 fruit, e.g. ripe, sweet apple, banana or pear	Peel, core, chop the fruit and cook it for a short period of time with some water; or grate the raw fruit very finely; or, for bananas, mash them with a fork. without sugar and honey.
2. step	ingredients	preparation
	2 fruits	see above Mix fruits 1 + 2.
3. step	ingredients	preparation
	3 fruits e.g. melon, apricot, nectarine, peach, plum, berries	see above
later	ingredients	preparation
	1-3 tbsp. of rice, millet or 3-corn cereals	Add to the fruits. Water, breast milk and infant formula can be used to stir in the cereal flakes, if required.
	Natural yoghurt	Introduce by the spoonful.



Non-dairy Porridge - *recipe and preparation*

ingredients	preparation
water	Boil.
2 tbsp. of cereal flakes	Stir the cereal flakes into the boiling water and cook them until soft.
e.g. millet, rice (cooking quality: soft), cornmeal (polenta)	

Porridge with infant formula - *recipe and preparation*

ingredients	preparation
water	Boil. - The amount depends on the type of cereal.
2 tbsp. of cereal flakes	Stir in the cereal into the water and cook until soft.
e.g. millet, oat flakes, cornmeal (polenta), rice (cooking quality: soft)	
5-6 measuring spoons of infant formula (corresponds approx. to 200 ml of the bottle)	Mix in the cooled mash.

General

- Both variations of baby mash can be complemented with fruits and vegetables.

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