

A DIETITIAN'S
GUIDE TO

# INTRODUCTION OF SOLIDS







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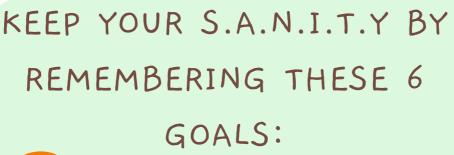












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# SENSORY EXPERIENCE AND EXPLORATION

SOLIDS IS A TIME FOR FUN AND EXPLORATION. USE THIS OPPORTUNITY TO INTRODUCE A VARIETY OF TEXTURES, TASTES AND FLAVOUR COMBINATIONS.

TRY NOT TO GET STUCK ON GIVING THE SAME MEALS REPEATEDLY, OR IF YOU DO, FLAVOUR THEM WITH DIFFERENT HERBS AND GENTLE SPICES.



### ALLERGEN INTRODUCTION

ALLERGEN INTRODUCTION IS HUGELY IMPORTANT IN THE EARLY DAYS OF WEANING. RESEARCH SHOWS US THAT THE EARLIER WE START THE ALLERGY-CAUSING FOODS, ESPECIALLY EGG AND PEANUT, THE MORE LIKELY WE ARE TO PREVENT AN ALLERGY.

THE MAIN ALLERGENS TO FOCUS ON ARE PEANUTS, TREE NUTS (ALMOND/MACADAMIA/CASHEW ETC.), SESAME, WHEAT, DAIRY, EGG AND FISH. INTRODUCE THEM EARLY ON, AND SPACE EACH NEW ALLERGEN OUT BY 3 DAYS TO TEST FOR ALLERGIES.



### NUTRIENTS OF IMPORTANCE



FOCUS ON IRON RICH FOODS LIKE RED MEAT, LIVER, DARK GREEN VEGETABLES, LEGUMES (ESPECIALLY LENTILS) AND EGGS.

### INTUITIVE, HAPPY EATING

THE SOLIDS JOURNEY CAN FEEL STRESSFUL AND OVERWHELMING, BUT REMEMBER THAT THE OVERARCHING GOAL HERE IS TO SUPPORT YOUR CHILD TO BECOME A HEALTHY, INTUITIVE, HAPPY EATER AND THERE IS NO DEADLINE.

IF YOU FEEL LIKE SOLIDS AREN'T GOING WELL, FEEL FREE
TO TAKE A BREAK AND START AGAIN IN A FEW DAYS, OR
TRY FINGER FOODS FOR MORE FUN. RATHER FOCUS ON
KEEPING THE FEEDING ENVIRONMENT HAPPY AND FUN, EVEN
IF IT MEANS DELAYING SOLIDS A BIT.







### TIME TOGETHER

EATING IS A SOCIAL ACTIVITY, NO MATTER YOUR AGE. SOLIDS IS SUCH A LOVELY OPPORTUNITY TO SPEND FUN, HAPPY TIME TOGETHER WITH YOUR BABY, EVEN IF THAT MEANS SHARING A MEAL OFF EACH OTHER'S PLATES.

IT IS MORE HELPFUL TO FOCUS ON THIS SPECIAL TIME
TOGETHER WITH SMILES AND LAUGHTER THAN IT IS TO
FOCUS ON HOW MANY SPOONS BABY EATS PER MEAL. THE
HAPPY MEMORIES WILL BE MUCH MORE IMPORTANT FOR BOTH
OF YOU THAN A BITE OR 2 OF FOOD.

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### YOU'VE GOT THIS!

TRY TO BE CALM AND CONFIDENT. A CALM, CONFIDENT FEEDING CAREGIVER CREATES A CALM, CONFIDENT EATER.

REMEMBER, YOU HAVE MANY MANY YEARS OF FEEDING YOUR CHILD AHEAD OF YOU, AND IT DOESN'T HAVE TO BE PERFECT STRAIGHT AWAY. FEEDING IS A JOURNEY THAT CAN TAKE YEARS TO GET RIGHT, SO GIVE YOURSELF SOME GRACE AND ENJOY THE RIDE!



### WHEN

### AT WHAT AGE DO WE INTRODUCE SOLIDS

- BABY AT LEAST 4 MONTHS OLD, MANY EXPERTS
   RECOMMEND 6 MONTHS BUT IT DEPENDS ON EACH
   INDIVIDUAL FAMILY
- STRONG NECK CONTROL (HOLDS HEAD UP STEADILY, CAN MOVE HEAD WITH NECK)
- CAN SIT WITH SUPPORT (E.G. IN A HIGH CHAIR OR ON YOUR LAP)
- SHOWS INTEREST IN FOOD (WATCHING YOU EAT, REACHING FOR FOOD)

### FACTORS TO IGNORE IN DECIDING BABY'S READINESS

- SIZE OF BABY WHETHER BABY IS LARGE OR SMALL,
   MILK WILL PROVIDE 100% OF WHAT THEY NEED FOR THE
   FIRST 6 MONTHS AND BEYOND
- WAKING UP AT NIGHT RESEARCH SHOWS BABIES ON SOLIDS DON'T SLEEP LONGER
- BABY'S APPETITE UNLESS BABY HAS REACHED
   DEVELOPMENTAL READINESS, STARTING SOLIDS IS
   INAPPROPRIATE AND OFTEN RISKY, EVEN FOR A HUNGRY
   BABY. FEED MILK ON DEMAND UNTIL BABY IS OLD
   ENOUGH AND READY





### TIME OF DAY

- TRY INTRODUCE FOODS IN THE FIRST HALF OF THE DAY, WHICH WILL HELP US MONITOR FOR ADVERSE REACTIONS FOR THE NEXT FEW HOURS
- CHOOSE A TIME OF DAY WHEN BABY IS HAPPY AND CALM, AND NOT TOO HUNGRY I OR 2 HOURS AFTER A MILK FEED IS GOOD





### WHERE

TRY TO AVOID PLONKING BABY IN A HIGH SEAT AND "COMING AT" THEM WITH SPOONS OF A FOREIGN SUBSTANCE.

BABY IS USED TO FEEDING WITH SOMEONE: USUALLY BEING HELD FOR BOTTLE OR BREASTFEEDING. A SUDDEN STRANGE SEAT WITH STRANGE FOOD ON A STRANGE SPOON CAN BE ALARMING. EITHER SIT CLOSE TO BABY AND SHARE THE MEAL, OR HOLD THEM (WITH AN APRON ON!) FOR A MORE COMFORTABLE AND FAMILIAR EXPERIENCE FOR BABY.





### WHAT

- I. START WITH GENTLE, SOFT FRUIT AND VEGETABLES,
  AND ADD A FAT (AVOCADO IS GREAT) TO BALANCE OUT THE
  MEAL AND MAKE IT MORE SIMILAR IN COMPOSITION TO
  INFANT MILK.
- 2. OVER TIME YOU CAN ADD DIFFERENT FATS LIKE OLIVE OIL, FLAXSEED OIL, CREAM CHEESE, NUT BUTTERS, OLIVE PUREE, CHEESE, AND EGGS. TRY INCLUDE A FAT SOURCE IN MOST IF NOT ALL MEALS.
  - 3. TRY AVOID BABY CEREALS IN THE BEGINNING.

    CONSTIPATION IS A REAL SIDE EFFECT OF SOLIDS AND

    CEREALS DON'T HELP.
- 4. START QUICKLY WITH THE 8 MAJOR ALLERGENS.
  INTRODUCE ONE AT A TIME, AND WAIT 3 DAYS BETWEEN
  EACH INTRODUCTION (THESE CAN BE DONE IN ANY ORDER)

### THE 8 MAJOR ALLERGENS

- (I) PEANUT
- (2) TREE NUT (ALMOND/MACADAMIA/CASHEW)
  - (3) EGG (INCLUDING THE WHITE)
    - (4) SESAME
      - (5) FISH
    - (6) WHEAT
    - (7) DAIRY
    - (8) SOY







- 5. IN BETWEEN ADDING ALLERGENS, YOU CAN CONTINUE TO INTRODUCE A VARIETY OF FRUIT, VEGETABLES AND FATS. THESE WON'T INTERFERE WITH ALLERGEN INTRODUCTION.
  - 6. ALSO START QUICKLY WITH IRON RICH FOODS

### GOOD IRON SOURCES FOR BABIES

- RED MEAT (BEEF, LAMB, OSTRICH, VENISON)
  - LIVER
  - BABY BILTONG
- DARK GREEN VEGETABLES (SPINACH, BROCCOLI)
  - LEGUMES (ESPECIALLY LENTILS)
    - EGGS
    - NUT BUTTERS
- 7. DON'T BE AFRAID OF COOKING WITH FLAVOUR, SUCH AS CINNAMON, NUTMEG OR VANILLA EXTRACT (ALL BEST FOR SWEETER MEALS), GENTLE SPICES LIKE CUMIN OR TURMERIC, GENTLE HERBS LIKE ROSEMARY, OREGANO OR THYME, OR EVEN A TOUCH OF GARLIC, LEMON OR ONION.
- 8. NEVER ADD SALT OR SUGAR, AND HONEY IS DANGEROUS FOR ALL BABIES UNDER I YEAR.







BANANA, COOKED OR GRATED APPLE, COOKED PEAR, PAPAYA, COOKED PEACH, SOFT TANGERINE, MANGO, MASHED BERRIES

### VEG:

STEAMED OR ROAST BUTTERNUT/SWEET POTATO, GEM SQUASH,
SPINACH/MAROGO, MUSHROOMS, CAULIFLOWER, BROCCOLI,
CARROT, EGGPLANT

### ANIMAL PROTEINS:

SHREDDED CHICKEN, MINCE, LIVER, BONELESS FISH, EGG, GRATED CHEESE

### LEGUMES:

BLENDED LENTILS, KIDNEY BEANS, CHICKPEAS, SPECKLED BEANS, WHITE BEANS

### DAIRY:

PLAIN FULL CREAM YOGHURT

### FATS:

AVOCADO, PLAIN CREAM CHEESE, OLIVE OIL, FLAXSEED OIL, BUTTER

### NUTS AND SEEDS:

SUGAR FREE PEANUT BUTTER, ALMOND BUTTER, MACADAMIA BUTTER, CASHEW BUTTER, TAHINI (SESAME BUTTER)

### GRAINS:

MAIZE, OATS, SORGHUM









HOW

THERE ARE 2 MAIN APPROACHES TO INTRODUCING SOLIDS:

TRADITIONAL (FEEDING WITH PUREES AND A SPOON)

OR

BABY LED (SERVING WHOLE FOODS THAT BABY CAN FEED HIMSELF, EITHER FINGER FOODS OR LOADED SPOONS FOR BABY TO HOLD).

THERE IS NO REASON YOU CAN'T DO BOTH.

THERE IS NO RIGHT OR WRONG CHOICE. IT DEPENDS ON WHAT WORKS FOR YOUR FAMILY, YOUR BABY, YOUR SCHEDULE AND YOUR SETUP.

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## TRADITIONAL (PUREE) WEANING



### PROS:

GET A BETTER IDEA OF HOW MUCH
BABY IS EATING, AND MAKE SURE
BABY IS EXPOSED TO THE ALLERGENS
NEEDED/GETS SOME IRON IN

EASIER TO PREPARE IN ADVANCE FOR BUSY DAYS (I.E. FREEZING PUREES IN BULK)

CAN STILL BE BONDING AND FUN

MUCH CLEANER AND MORE

CONTROLLED FOR THE MORE ANXIOUS

PARENT - THIS CAN BE A VALID

REASON TO TRY THIS WAY

### CONS:

CAN GO AGAINST BABY'S
DESIRE FOR INDEPENDENCE
AND AUTONOMY, ESPECIALLY
AS THEY GET OLDER









### TRADITIONAL (PUREE) WEANING: HELPFUL TIPS



PUREE FOOD IN BULK AND FREEZE IN ICE CUBES (15-30ML SIZE).

PRACTICE RESPONSIVE

FEEDING - WATCH BABY FOR

HUNGER AND FEEDING CUES

AND DON'T FEED PAST THE

POINT OF COMFORT OR

ENJOYMENT. THE FOCUS IS

ON EXPERIENCE AND NOT

HOW MUCH YOU CAN GET

IN.

AVOID JARRED BABY FOODS
AS FAR AS POSSIBLE, AS
THESE TEND TO BE VERY
MONOTONOUS IN TEXTURE
AND FLAVOUR.

IT IS PERFECTLY FINE TO
BUY YOUR PUREES, BUT
RATHER HEAD TO THE
REFRIGERATOR OR
FREEZER SECTION OF THE
STORE, AS THESE
PRODUCTS PROVIDE MORE
VARIETY AND SENSORY
EXPERIENCE.

PUREED FRUIT AND VEG

CAN BE FROZEN FOR UP

TO 8 MONTHS, PUREED

PROTEINS CAN BE

FROZEN FOR 2 MONTHS.

BY 8 MONTHS, ALL
BABIES SHOULD BE
INTRODUCED TO FINGER
FOODS AS WELL AS
PUREES









### BABY LED WEANING (BLW)



### PROS:

CAN BE MORE RELAXED AND FUN,
DEPENDING ON THE PARENTS'
CHARACTER

EASY TO SHARE A MEAL WITH BABY,
AND OFTEN NO NEED TO PREPARE
SEPARATE MEALS

ENCOURAGES INDEPENDENCE AND AUTONOMY

THEORETICAL (UNPROVEN) BENEFITS:
HELPS PREVENT FUSSY EATING, IMPROVE
MOTOR CONTROL, IMPROVE SELF
REGULATION

### CONS:

TENDS TO BE MESSY AND
CHAOTIC, WHICH SOME PARENTS
MAY FIND VERY STRESSFUL. A
STRESSFUL EXPERIENCE FOR THE
PARENT IS COUNTERPRODUCTIVE.

NEVER A GUARANTEE THAT BABY
HAS BEEN EXPOSED TO
ALLERGENS/EATEN A GOOD IRON
PORTION

SOME CONCERN ABOUT CHOKING
RISK, ALTHOUGH THIS ISN'T
PROVEN IN RESEARCH









### BABY LED WEANING (BLW): HELPFUL TIPS

PAEDIATRICIANS
RECOMMEND TO ONLY
START BLW AT 6
MONTHS

CUT FOODS INTO
FINGER LENGTH
PIECES TO ENABLE
GUMMING WHILST
MAINTAINING A FIRM
GRIP

FOODS SUCH AS YOGHURT
IN BLW IF YOU HELP
BABY BY LOADING UP THE
SPOON AND ALLOWING
HIM TO TRY FEED
HIMSELF WITH IT

YOU CAN GIVE SOFTER

TEXTURE VERY
EFFECTIVELY, THERE IS NO
NEED TO WAIT FOR TEETH
TO INTRODUCE HARDER
FOODS

BABIES CAN GUM ON

JUST AS WITH PUREES,
ALWAYS INCLUDE A HIGH
FAT FOOD AND OFTEN
INCLUDE A HIGH IRON
FOOD

START WITH FOODS
BABY CAN MASH IN
THEIR MOUTH WITH
THEIR TONGUE (E.G.
BANANA, COOKED
SWEET POTATO)

NEVER LEAVE BABY ALONE WITH FOOD, MAKE SURE BABY IS SITTING UPRIGHT











BABY'S DIGESTIVE SYSTEM MIGHT STRUGGLE WITH THIS NEW TEXTURE AND GET A BIT CONSTIPATED.

### TIPS:

- I. AVOID BABY CEREAL FOR THE FIRST FEW WEEKS
- 2. GIVE A FEW SIPS OF WATER WITH EACH MEAL
- 3. GIVE HIGH FIBRE FRUITS AND VEGETABLES WITH EVERY MEAL
- 4. ADD SOME PUREED LEGUMES E.G. LENTILS OR CHICKPEAS
  - 5. TRY SOAKING AND PUREEING DRIED FRUIT SUCH AS PRUNES OR RAISINS
  - 6. ADD STONE FRUIT (E.G. APRICOT, PEACH) AND PEAR
    - 7. ADD A FEW DROPS OF FLAXSEED OIL TO MEALS

IF NONE OF THESE HELP, CHAT TO YOUR PAEDIATRICIAN.

BABIES TYPICALLY DO OUTGROW CONSTIPATION AS THEY GET

STRONGER AND EAT MORE.









### GAGGING VS CHOKING

GAGGING IS A VERY NORMAL PART OF STARTING SOLIDS,
BUT IT CAN BE SCARY IF YOU GET IT CONFUSED WITH
CHOKING.

### GAGGING

A PERFECTLY NORMAL RESPONSE TO SOLIDS, IT CAN LOOK SCARY BUT IT IS APPROPRIATE AND NOT DANGEROUS.

BABY'S GAG REFLEX IS FAR FORWARD (MIDDLE OF THE TONGUE) WHEN STARTING SOLIDS, SO IT IS EASILY TRIGGERED. IT WILL MOVE BACK IN TIME AS SHE GETS USED TO TEXTURES.

GAGGING IS A NOISY REACTION:

SPLUTTERING, COUGHING, AND

RETCHING NOISES.

STAY CALM AND LET BABY WORK

THROUGH THE GAGGING.

BABY WILL WATCH YOU FOR A REACTION AND OBVIOUS ANXIETY MAY MAKE THEM PANIC.

THE BEST WAY TO REDUCE GAGGING IS LOTS OF EATING PRACTICE, AND THE USE OF TEETHING TOYS BETWEEN MEALS

### CHOKING

OCCURS WHEN FOOD, ESPECIALLY A LARGE PIECE OF SOMETHING SOLID, GETS STUCK IN BABY'S AIRWAY.

RARE IN INFANTS AS THE GAG REFLEX USUALLY PREVENTS THIS.

CHOKING IS A SILENT REACTION WITH NO BREATHING NOISES

MAY BE SOME COUGHING IF THE AIRWAY IS ONLY PARTIALLY BLOCKED

BABY MAY TURN BLUE OR PURPLE PERFORM CHOKING FIRST AID







### AVOID THESE HIGH RISK CHOKING FOODS:

- · WHOLE GRAPES, BERRIES, OR CHERRY TOMATOES
  - · RAISINS AND OTHER DRIED FRUIT
    - · PEANUTS, NUTS, SEEDS
- · LARGE SCOOPS OF PEANUT BUTTER AND OTHER NUT OR SEED BUTTERS.
  - · UNTOASTED BREAD
- · SWEETS, SUCH AS HARDBOILED, JELLYBEANS, GUMMIES
- · POPCORN, PRETZELS, CORN CHIPS AND OTHER CRUNCHY
  FOODS THAT CAN BREAK INTO SMALL PIECES





### ALLERGIES

THERE ARE 2 MAIN KINDS OF ALLERGIC REACTION:

- I. IMMEDIATE-TYPE ALLERGY: CAUSED BY IGE ANTIBODIES, OCCURS WITHIN 30 MINUTES
- 2. DELAYED-TYPE ALLERGY: OCCURS HOURS TO DAYS LATER

### IMMEDIATE TYPE:

SWOLLEN LIPS, FACE, EYES
HIVES/WELTS
ABDOMINAL PAIN/VOMITING
UNSETTLED, UPSET BABY

### DELAYED TYPE:

•RECURRENT ABDOMINAL PAIN

•WORSENED REFLUX/VOMITING

•CONSTIPATION

•LOOSE OR FREQUENT STOOLS

•FEEDING DIFFICULTIES (FEED REFUSAL)

SKIN SYMPTOMS

•WORSENING OF ECZEMA

•SKIN REDDENING

•ITCHING







### HIGH RISK ALLERGY BABIES

BABIES CONSIDERED AT HIGH RISK ARE THOSE WITH ECZEMA PRESENTING IN THE FIRST 3 MONTHS OF LIFE, OR A BABY WITH AN ALREADY DIAGNOSED ALLERGY.

ECZEMA SHOULD BE WELL CONTROLLED BEFORE TRYING ALLERGENS.

IT IS RECOMMENDED THAT THESE BABIES ARE INTRODUCED TO ALLERGENS, ESPECIALLY EGG AND PEANUT, AS EARLY AS POSSIBLE (BUT NOT BEFORE 4 MONTHS).

YOU CAN RUB A SMALL AMOUNT OF THE FOOD INSIDE YOUR BABY'S LIP BEFORE STARTING. IF THERE IS NO REACTION AFTER A FEW MINUTES, PROCEED WITH FEEDING. PUTTING FOOD ON THE SKIN IS INEFFECTIVE.

YOU MAY WISH TO HAVE YOUR HIGH RISK BABY TESTED FOR ALLERGIES BEFORE INTRODUCING SOLIDS (SKIN-PRICK TESTING), HOWEVER IF THIS WILL DELAY THE INTRODUCTION OF ALLERGENS, IT IS NOT RECOMMENDED. IT IS VERY IMPORTANT TO INTRODUCE HIGH RISK BABIES EARLY. EVEN A POSITIVE TEST DOES NOT GUARANTEE THERE IS AN ALLERGY, AND YOU WILL STILL BE REQUIRED TO INTRODUCE THE ALLERGEN UNDER SUPERVISION.







1. START EARLY IN THE WEANING JOURNEY

2. SPACE EACH NEW ALLERGEN OUT BY 3 DAYS. THIS IS TO SCREEN FOR ALL ALLERGIC REACTIONS (IMMEDIATE VS DELAYED ONSET)

3. TRY TO MAINTAIN INTRODUCTION OF ALLERGENS BY GIVING EACH ALLERGEN AT LEAST 1-2 TIMES A WEEK UNTIL 12 MONTHS OF AGE TO SUSTAIN THE ALLERGY PREVENTION EFFECT

### WHAT IF MY BABY HAS A REACTION?

IF YOUR BABY HAS AN IMMEDIATE REACTION (SWELLING OF LIPS, EYES OR FACE, HIVES OR WELTS, VOMITING, OR BECOMING VERY UNSETTLED) STOP FEEDING IMMEDIATELY. IT IS RECOMMENDED TO MAKE AN APPOINTMENT WITH A PAEDIATRIC ALLERGOLOGIST IF YOUR BABY HAS THIS TYPE OF IMMEDIATE REACTION.

CALL AN AMBULANCE IF THERE ARE SIGNS OF SEVERE ALLERGIC REACTION SUCH AS DIFFICULTY BREATHING, PALE AND FLOPPY BABY, OR TONGUE SWELLING. TO DATE, NO LIFE THREATENING REACTIONS HAVE BEEN REPORTED FROM EARLIER INTRODUCTION OF ALLERGENS.

# PAEDIATRIC ALLERGOLOGISTS IN CAPE TOWN:

DR KATE BROWDE
DR SARAH KARABUS
DR CLAUDIA GRAY
DR CANDICE ROYAL
DR PIETER DE WAAL























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CLINICAL NUTRITION & INTUITIVE EATING

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