

Homemade baby food – in pictures

Start simple



Along with iron-fortified cereal, baby's first solids can be single foods such as mashed banana or avocado, or cooked and pureed apple, pear, pumpkin or potato.



Once baby is enjoying a good range of fruits and vegetables, you can introduce some fresh beef, lamb, pork or chicken (not pickled, salted or smoked). Combine meat with vegetables or even fruits like apple or pear.



Gradually become more adventurous with different foods and textures. When teeth start coming in, try flaky loose fish, mashed legumes, couscous and fruits such as berries, citrus and stone fruit which has been deseeded and mashed.

Making baby food



Step 1: Peel the skin off fruits and vegetables, trim the fat off meats and remove any skin from chicken.



Step 2: Steam, microwave or boil the foods until cooked and reserve some of the cooking liquids.



Step 3: Puree using a food processor or hand blender. Add some cooking water if you need to smooth out the mixture. For babies over 8 months, chop meat finely and mash other foods with a fork. If using fish, make sure you remove bones.

Food storage and reuse



Pureed baby food can be frozen in clean ice cube trays. Spoon the puree into the trays, cover with plastic wrap and freeze for 30 days maximum.



Solids can be stored in plastic containers or glass jars. They'll keep for up to two days in the fridge or one month in the freezer. Remember to label the containers with the contents and use-by date.



To serve, place a few food ice cubes into a glass or ceramic bowl and warm on the stove or in the microwave. Stir mixture to eliminate any hot spots. Test the temperature with a spoon on your lip before serving. Discard any leftovers – don't refreeze.