



Eating well: first year of life

Food photo cards

For information on how to use these food photo cards, see *Eating Well First Year of Life – Practical Guide*.

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Eating Well: First Year of Life – Practical Guide (including accompanying CD-ROM).
Produced by The Caroline Walker Trust. www.cwt.org.uk



www.cwt-chew.org.uk

BREAKFAST **Baby rice, banana and kiwi chunks**



Suggested portion sizes

7-9 month olds
As shown in the photo



Baby rice made with full-fat milk	115g
Banana	30g
Kiwi chunks	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



BREAKFAST Porridge, chopped raisins and pear



Suggested portion sizes

7-9 month olds

As shown in the photo



Porridge made with full-fat milk	115g
Chopped raisins	10g
Pear	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



BREAKFAST Weet bisks and banana



Suggested portion sizes

7-9 month olds

As shown in the photo



Weet bisks	15g
mashed with full-fat milk	100ml
Banana	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



BREAKFAST **Boiled egg, baked beans and sliced egg**



Suggested portion sizes

7-9 month olds

As shown in the photo



Mashed boiled egg	35g
Mashed low-salt, low-sugar baked beans	40g
Sliced egg	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



BREAKFAST Pear and prune compôte and yoghurt, with cream cheese on toast



BREAKFAST Pear and prune compôte and yoghurt, with cream cheese on toast

7-9 month olds

Suggested portion sizes

7-9 month olds
As shown in the photo



Pear and prune compôte	40g
Full-fat yoghurt	25g
Toast pieces	10g
Full-fat cream cheese	5g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Pear and prune compote and yoghurt

This recipe makes 12 portions of about 65g.

1 ripe or soft poached pear
60g prunes canned in juice, drained
300g full-fat yoghurt

1. Peel and finely chop the pear if ripe and soft. If firm, poach in a little water until soft and then finely chop.
2. Finely chop the canned prunes.
3. Combine the chopped fruit with the full-fat yoghurt.




BREAKFAST Porridge with dried apricot purée, and banana



Suggested portion sizes

7-9 month olds
As shown in the photo



Porridge made with full-fat milk	100g
Dried apricot purée	20g
Sliced banana	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Porridge

This recipe makes 12 portions of about 100g.

50g porridge oats
500ml full-fat milk

1. Place the porridge oats and milk in a non-stick saucepan.
2. Heat gently until boiling and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.

Dried apricot purée

This recipe makes 12 portions of about 20g.

12-16 dried apricots
200ml water

1. Chop the dried apricots and place in a saucepan with the water.
2. Bring to the boil and gently simmer until the apricots are soft, making sure that the pan doesn't boil dry.
3. Mash the cooked apricots and put through a sieve or through a mouli or blender to make a purée.

BREAKFAST Scrambled egg and cream cheese with strawberry purée, and strawberries



BREAKFAST Scrambled egg and cream cheese with strawberry purée, and strawberries

7-9 month olds

Suggested portion sizes

7-9 month olds
As shown in the photo



Scrambled egg	50g
Cream cheese	20g
Strawberry purée	10g
Strawberries	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Scrambled eggs with cream cheese

This recipe makes 12 portions of about 70g.

12 medium eggs
12 tablespoons full-fat milk
50g butter
240g full-fat cream cheese

1. Beat the eggs in a bowl with the milk.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs and cook, stirring all the time, until the egg is scrambled and set thoroughly.
4. Add the cream cheese to the eggs and mix thoroughly.

Strawberry purée

This recipe makes 12 portions of about 10g.

200g strawberries

1. Hull the strawberries and roughly mash.
2. Force the mashed strawberries through a sieve to create a purée.



LUNCH **Butter bean and vegetable stew with potato pieces**



Suggested portion sizes

7-9 month olds
As shown in the photo



Butter bean and vegetable stew	100g
Potato pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Butter bean and vegetable stew

This recipe makes 12 portions of about 100g.

- 1 tablespoon vegetable oil
- 1 small onion, finely diced
- 1 red pepper, cored and finely diced
- 1 green pepper, cored and finely diced
- 1 carrot, peeled and finely diced
- 3 broccoli florets, finely chopped
- 1 large (400g) can chopped tomatoes
- 1 large (400g) can butter beans, drained

1. Heat the oil in a large frying pan and cook the onion until soft.
2. Add the red and green pepper, carrot and broccoli and soften for a few minutes.
3. Add the tomatoes and butter beans and simmer until all the vegetables are tender.
4. Mash the stew so that there are no large lumps remaining.



LUNCH Pasta with lamb and tomato sauce and carrot



Suggested portion sizes**7-9 month olds**

As shown in the photo



Stewed lamb in tomato sauce	60g
Baby pasta or small pasta shapes	50g
Cooked carrot sticks	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Stewed lamb in tomato sauce

This recipe makes 12 portions of about 60g.

- 1 small onion, diced
- 500g lean mince
- 1 can (400g) chopped tomato
- 1 tablespoon tomato purée

1. Dry-fry the onion and the mince together in a saucepan. Drain off any excess fat.
2. Add the tomatoes and the tomato purée, cover and simmer gently for about 15-20 minutes until the meat is tender.



LUNCH Mashed potato with salmon and broccoli



Suggested portion sizes

7-9 month olds
As shown in the photo



Mashed potato with butter and milk	50g
Flaked salmon	30g
Cooked broccoli	20g
Breast feed or infant formula	150ml


These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Note: Make sure that any fish served to children has had all the bones removed.



LUNCH Rice with lentil and tomato sauce and pasta pieces



Suggested portion sizes	
7-9 month olds As shown in the photo 	
Cooked rice	40g
Lentil and tomato sauce	40g
Pasta pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Lentil and tomato sauce

This recipe makes 12 portions of about 40g.

80g red lentils
 250ml water
 ½ tablespoon vegetable oil
 ½ small onion, finely diced
 1 small (200g) can chopped tomatoes
 1 tablespoon tomato purée
 1 tablespoon chopped parsley

1. Boil the red lentils in the water until soft.
2. Heat the oil in a frying pan and sauté the diced onion until soft.
3. Add the lentils, chopped tomatoes and tomato purée and simmer gently for about 15 minutes.
4. Add the chopped parsley.



LUNCH Chicken, leeks and carrots, with soft-cooked potato



Suggested portion sizes

7-9 month olds
As shown in the photo



Chicken, leeks and carrots

100g

Potato

20g

Breast feed or infant formula

150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Chicken, leeks and carrots

This recipe makes 12 portions of about 100g.

2 tablespoons vegetable oil
1 large leek, trimmed, washed and finely sliced
250g chicken breast, diced
1 large carrot, peeled and diced
1 large potato, peeled and diced
1 sprig thyme
1 bay leaf
1 sprig parsley
500ml water
150ml crème fraîche

1. Heat the oil in a saucepan. Add the leek and cook until soft.
2. Add the chicken, vegetables, herbs and water.
3. Bring to the boil, reduce the heat, cover and simmer for 30-40 minutes.
4. Remove the bay leaf. Mash the vegetables into the juices and break the chicken into small pieces. Place the mixture in a baby blender or mouli and process until mostly smooth with some small, soft lumps.
5. Combine the mixture with the crème fraîche before serving.




LUNCH **Pork with apple, parsnip and swede, and carrots**



Suggested portion sizes

7-9 month olds
As shown in the photo



Pork with apple, parsnip and swede	80g
Carrots	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Pork with apple, parsnip and swede

This recipe makes 12 portions of about 80g.

- 250g diced lean pork
- 1 large parsnip, peeled and diced
- ¼ swede, peeled and diced
- 500ml water
- 2 dessert apples, peeled, cored and diced

1. Put the pork, parsnip and swede in a saucepan with the water and bring to the boil.
2. Turn down the heat, cover and simmer for 10 minutes, and then add the apple.
3. Simmer for a further 10 minutes until the meat and vegetables are thoroughly cooked.
4. Purée with the cooking liquid until mostly smooth, with some soft lumps.




LUNCH Poached haddock, spinach and sweet potato, with broccoli



Suggested portion sizes

7-9 month olds
As shown in the photo



Poached haddock, spinach and sweet potato	80g
Broccoli	30g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Poached haddock, spinach and sweet potato

This recipe makes 12 portions of about 80g.

- 1 large sweet potato, peeled and diced
- 100g spinach, washed thoroughly and chopped
- 400ml full-fat milk
- 250g haddock fillet without skin or bones, diced

1. Boil the sweet potato pieces in water for about 15 minutes until soft and then drain.
2. Add the spinach to the sweet potatoes, cover and cook for 1 minute until wilted.
3. Put the milk and haddock fillet in a shallow pan and simmer for 5 minutes until the fish turns opaque or white.
4. Drain the fish, keeping the liquid. Flake the fish and check for bones.
5. Mix together the sweet potato, spinach, fish and milk, and blend or mash until smooth, with soft lumps.

Note: Make sure that any fish served to children has had all the bones removed.



TEA Tomato rice with chicken and mange tout



Suggested portion sizes

7-9 month olds

As shown in the photo



Tomato rice with chicken

100g

Steamed mange tout

20g

Breast feed or infant formula

150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Tomato rice with chicken

This recipe makes 12 portions of about 100g.

200g long grain rice
 400ml water
 1 bay leaf
 1 tablespoon vegetable oil
 1 medium onion, diced
 500g chicken breast, finely diced
 4 tablespoons tomato purée
 4 tablespoons water

1. Boil the rice in water with the bay leaf until tender, and then drain. Take out the bay leaf.
2. Heat the oil in a frying pan and fry the onion until soft.
3. Add the chicken and fry until cooked thoroughly.
4. Add the cooked rice, tomato purée and remaining water to the chicken mixture and cook thoroughly until heated through.
5. Cool and mash before serving.



TEA Scrambled egg, tomatoes and green beans



Suggested portion sizes

7-9 month olds

As shown in the photo



Scrambled egg	40g
Canned chopped tomatoes	40g
Cooked green beans	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



TEA Sweet potato, avocado and pasta



Suggested portion sizes

7-9 month olds

As shown in the photo



Mashed sweet potato	50g
Mashed avocado	40g
Pasta pieces	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



TEA Cheesy leeks and potato, with red pepper



Suggested portion sizes**7-9 month olds**

As shown in the photo



Cheesy leeks and potato	75g
Roasted red pepper	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Cheesy leeks and potato

This recipe makes 12 portions of about 75g.


- 4 large leeks, finely sliced (about 800g prepared weight)
- 2 large potatoes peeled and diced (about 400g prepared weight)
- 1 bay leaf
- 120g full-fat soft cheese

1. Put the leeks, potatoes and bay leaf in a pan of water and bring to the boil. Cook until the vegetables are soft.
2. Drain the vegetables and cool. Take out the bay leaf.
3. Mash the vegetables with the cheese.



TEA Butternut squash risotto, with cucumber fingers



Suggested portion sizes	
	7-9 month olds As shown in the photo 
Butternut squash risotto	80g
Cucumber fingers	20g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Butternut squash risotto

This recipe makes 12 portions of about 80g.

2 tablespoons vegetable oil
 1 medium onion, peeled and finely chopped
 150g basmati rice
 400ml boiling water
 ¼ butternut squash, peeled and diced
 4 canned plum tomatoes, chopped
 25g grated Cheddar cheese

1. Heat the oil in a saucepan and sauté the onion until soft.
2. Add the rice and stir until well coated.
3. Pour the boiling water over the rice, cover and cook for 8 minutes over a high heat.
4. Stir in the chopped butternut squash, reduce the heat, cover and cook for about 12 minutes or until the water has been absorbed.
5. Add the chopped canned plum tomatoes and grated cheese to the mixture and gently combine until melted.
6. Mash or blend until smooth, with soft lumps.



TEA Minestrone soup, with pasta shapes and cheese



Suggested portion sizes

7-9 month olds
As shown in the photo



Minestrone soup	80g
Pasta shapes	20g
Grated cheese	10g
Breast feed or infant formula	150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Minestrone soup

This recipe makes 12 portions of about 80g.

2 tablespoons vegetable oil
 1 medium onion, peeled and finely diced
 1 medium carrot, peeled and finely diced
 ½ stalk celery, washed and finely chopped
 ½ leek, trimmed, washed and finely chopped
 1 medium potato, peeled and finely diced
 1 courgette, washed and finely diced
 1 small can chopped tomatoes
 500ml water
 2 teaspoons tomato purée
 1 teaspoon mixed dried herbs
 60g frozen peas

1. Heat the oil in a large pan, add the onion and sauté for about 5 minutes.
2. Add the carrot, celery and leek and sauté until they begin to soften – about 5 minutes.
3. Add the potato and courgette and sauté for 2-3 minutes.
4. Stir in the chopped tomatoes, water, tomato purée and herbs, bring to the boil and simmer for 20 minutes.
5. Add the frozen peas and simmer for another 5-10 minutes until soft.
6. Blend or process the mixture until smooth, with small, soft lumps.



TEA Spinach, rice and red pepper dahl, with avocado



Suggested portion sizes

7-9 month olds
As shown in the photo



Spinach, rice and red pepper dahl

80g

Avocado slices

20g

Breast feed or infant formula

150ml

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Spinach, rice and red pepper dahl

This recipe makes 12 portions of about 80g.

2 tablespoons vegetable oil
 ½ teaspoon ground cumin
 ½ teaspoon ground coriander
 100g basmati rice
 100g red lentils
 1 red pepper, washed, deseeded and finely diced
 ½ teaspoon mixed herbs
 100g chopped frozen spinach
 1 small can chopped tomatoes
 400ml water

1. Heat the oil in a saucepan, add the spices and rice and stir for 1 minute.
2. Add the lentils, red pepper, herbs, spinach, tomatoes and water and bring to the boil.
3. Cover and simmer for about 25 minutes until the rice and lentils are tender. Remove a few strips of red pepper for a garnish.
4. Mash the ingredients together with a fork and then blend or process if necessary to make a smooth mixture, with soft lumps. Add the remaining red pepper to garnish.




DESSERT Rice pudding with strawberry purée



Suggested portion sizes

7-9 month olds
As shown in the photo



Rice pudding	50g
Strawberry purée	10g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Strawberry purée

This recipe makes 12 portions of about 10g.

200g strawberries

1. Wash and hull the strawberries and mash on a plate.
2. Push the mashed strawberries through a fine sieve to make strawberry purée.

DESSERT **Mandarins and fromage frais**



Suggested portion sizes

7-9 month olds

As shown in the photo



Canned mandarins in juice, drained

30g

Full-fat fromage frais

30g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



DESSERT Yoghurt with raspberries



Suggested portion sizes

7-9 month olds
As shown in the photo



Full-fat yoghurt

50g

Raspberries

20g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



DESSERT **Stewed apple and custard**



Suggested portion sizes	
	7-9 month olds As shown in the photo
Stewed apple	30g
Custard	30g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



Stewed apple

This recipe makes 12 portions of about 30g.

3 eating apples
1 tablespoon water

1. Peel and core the apples and cut them into small chunks.
2. Place the apple and the water in a saucepan and bring to the boil. Turn the heat down, put a lid on the saucepan, and simmer until the apple is soft and can be mashed.
3. Cool before serving.



DESSERT Yoghurt and kiwi fruit



Suggested portion sizes

7-9 month olds
As shown in the photo



Full-fat plain yoghurt

50g

Kiwi fruit

20g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.



DESSERT **Semolina and mashed blackberries**



Suggested portion sizes	
	<p>7-9 month olds As shown in the photo</p> 
Semolina	60g
Mashed blackberries	20g

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These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Semolina


This recipe makes 12 portions of about 60g.

60g semolina
900ml full-fat milk

1. Place the semolina and the milk in a non-stick saucepan and gently bring to the boil, stirring continuously.
2. Simmer, stirring regularly, until the semolina has thickened and softened.

DESSERT Rice pudding with dried apricot purée



Suggested portion sizes	
	<p>7-9 month olds As shown in the photo</p> 
Rice pudding	50g
Dried apricot purée	20g

These portion sizes are based on the nutritional needs of a typical 7-9 month old.

Rice pudding

This recipe makes 12 portions of about 50g.

300g pudding rice
1 litre full-fat milk

1. Place the rice and milk in a large non-stick saucepan and bring to the boil, stirring all the time.
2. Simmer for about 30 minutes over a low heat, stirring occasionally, until the rice is tender.
3. Mash the rice pudding until smooth, with soft lumps.

Dried apricot purée

This recipe makes 12 portions of about 20g.

12-16 dried apricots
200ml water

1. Chop the dried apricots and place in a saucepan with the water.
2. Bring to the boil and gently simmer until the apricots are soft, making sure that the pan doesn't boil dry.
3. Mash the cooked apricots and put through a sieve or through a mouli or blender to make a purée.

