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I'm pregnant

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"We're a family now"

Corrie's Tina O'Brien

What **every** mum needs to know

boy or girl?
will you find out?

The **BEST BIRTH** for you
waterbirth, home birth, **TENS**

Your growing baby
a week-by-week guide



Apple and Pear with Cinnamon

2 dessert apples
2 ripe pears (such as Conference)
4 tbsp unsweetened apple juice or water
generous pinch of ground cinnamon (optional)

Put the fruit into a saucepan together with the apple juice or water and cinnamon (if using), cover with a lid and cook over a low heat for 6-8 minutes until tender. Blend the fruit to a smooth purée.

Apple and pear purée is an ideal first food, being easy to digest and unlikely to cause allergies. Choose sweet apples like the Pink Lady variety or Royal Gala. Some apples like Cox or Granny Smith may have too tart a flavour for your baby.

Butternutsquash

1 medium butternutsquash, peeled, cut in half lengthwise, seeds and fibres removed, then cut into cubes
Melted butter if baking

Steam the squash cubes – or cover them with boiling water and simmer until tender, about 15 minutes.

Alternatively to bake, preheat the oven to 200°C/400°F/Gas 6. Cut the squash in half lengthwise and remove the seeds and fibres. Place the halves cut side up in a roasting pan, brush them with a little melted butter and cover loosely with foil. Bake until tender, about 1½ hours. Cook, then scoop out the flesh. Blend the squash to a purée, then add a little of your baby's usual milk to make a good consistency for your baby.

Butternutsquash makes a good combination with vegetables like peas or broccoli and also goes well with fruits like apple or pear.

No-cook baby food

Avocado

Cut a small avocado in half, remove the stone, scoop out the flesh and mash together with a little of your baby's usual milk.

Bananas

Peel a small banana and mash with a fork. During the first stages of weaning, add a little of your baby's usual milk, if necessary, to thin down the consistency and provide a familiar taste.

Papaya

Cut a small papaya in half, peel, remove the black seeds and purée or mash the flesh of one half until smooth.

Raw fruits are more nutritious than cooked ones since none of the nutrients are lost.

You can combine two different fruits together, as in Avocado or Papaya and Banana.

Avocado or papaya and banana

½ avocado or ½ small papaya
½ small ripe banana, peeled
1-2 tbsp your baby's usual milk

Mash the avocado (peeled and stoned) or papaya (peeled and deseeded) together with the banana and the milk. If using papaya, the milk is then optional.

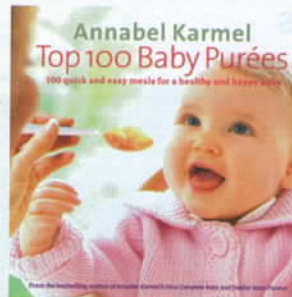


NEW FROM ANNABEL KARMELE

In difficult economic times the best way to save money for mums with babies in their first year is to make their own baby food. Annabel Karmel's new baby pastas offer mums a homemade solution to fit all budgets. Each 250g bag provides 12 portion meals for baby. RSP is £1.19 for the Organic Alphabet and Shells pasta and £1.79 for the Gluten Free Stars.

Says Annabel Karmel: "It's important to introduce texture into your baby's diet from around seven months and the ideal way to do this is to mix tiny pasta shapes into your baby's favourite purées. Encouraging your baby to chew also helps develop the muscles your baby needs for speech. By giving fresh food in the first year it also makes the transition to family food much easier and can help prevent your child becoming a fussy eater."

The pasta is supported by recipe ideas on pack and bespoke baby pasta recipes on the Annabel Karmel website at www.annabelkarmel.com. Available in major retailers Tesco and Waitrose.



Top 100 Baby Purées
is published by
Ebury Press (£9.99 Hbk)





Purées for your baby

Weaning your baby from milk to solids is an important and exciting milestone for both of you. There's nothing better for your baby than freshly prepared food, and Annabel Karmel's purée recipes are quick and easy to make.

When should I start?

There is no right age as every baby is different. At around six months, your baby will reach a stage where she needs solid foods as well as milk in her diet. However, solids should not be introduced before 17 weeks after your child is born. A young baby's digestive system is not sufficiently developed before this time and there is a greater risk of allergy developing. If you feel your baby needs solids earlier than six months, speak to your health visitor or GP.

Signs that your baby is ready:

- still hungry after a full milk feed
- demands feeds more frequently
- wakes at night for a feed having previously slept through

The best first foods for your baby:

- carrots, swede, parsnip, sweet potato
- apple, pear, banana, papaya
- baby rice

Foods to avoid:

- berry and citrus foods can be given from six months
- fish and shellfish should not be given before six months
- honey should not be given before one year
- nuts and seeds – whole nuts of any kind are not recommended before the age of five years due to the risk of choking. Peanut butter and nut spreads can be given from six months provided

- there is no history of allergy in the family
- raw or lightly cooked eggs should be strictly avoided. Eggs should not be given before six months and should be cooked until yolk and white are solid
- salt – babies under one year should not have any salt added to their food
- sugar – unless food is really tart, don't add sugar
- unpasteurised cheeses such as Brie, Camembert and Danish Blue should not be given before twelve months
- wheat-based foods and other foods that contain gluten should not be introduced before six months

First Vegetable Purée

350g (12oz) carrots, peeled and chopped

Put the carrots in a steamer set over boiling water and cook for 15-20 minutes until tender. Alternatively, put the carrots in a saucepan and pour over just enough boiling water to cover. Cover with a lid and simmer for 15-20 minutes until soft.

Drain the carrots and place in a blender, adding some of the water from the bottom of the steamer or some of the cooking liquid, then purée until very smooth. The amount of liquid you add really depends on your baby; you may need to add a little more if he finds the purée difficult to swallow. Spoon some of the purée into your baby's bowl and serve lukewarm.

Top Tip – It isn't a good idea to delay introducing solids any later than six months. Your baby needs to learn how to chew and swallow food, and learning to chew also encourages the development of the muscles that are essential for speech.

Carrots make excellent weaning food as babies like their naturally sweet taste.

