

# Nutrient-rich foods for babies with **itsy**

The list of food babies can eat is long and varied, and it can be daunting knowing where to begin. So, to make things simple we've created a quick reference guide to some of the best nutrient-rich foods for your baby.



## Fats

### Oils

(olive oil, coconut oil, rapeseed oil, soya oil)

### Oily fish

(salmon, mackerel, sardines)

### Egg yolks

### Avocados

### Dairy

(cheese, full fat yoghurt, unsalted butter)

### Nuts

(smooth butters or ground nuts: almonds, cashews, peanuts, walnuts)

## Carbohydrates

### Potatoes

(olive oil, coconut oil, rapeseed oil, soya oil)

### Fortified breakfast cereals

### White & wholegrain pasta

### Rice, bread & grains

(bulgur wheat, oats, quinoa, wheat, corn, tapioca)

## Proteins

### Chicken

### Turkey

### Beef

### Lamb

### Pork

### Cod

### Haddock

### Egg white

### Nuts & seeds

### Cheese

### Yoghurt

(full fat)

### Pulses

(beans, lentils, tofu)

### Milk

(full fat cow's milk)