

Eating healthy, keeping healthy!

When you're eating lots of different types of solid foods, you'll love these pancakes with banana for breakfast



HEALTHY START

HS11512MNTHS

Introducing your baby to solid foods

Breastmilk or infant formula milk is usually all your baby needs until they are around six months old. After this you can start introducing them to solid foods, alongside their usual milk.

- Start by feeding your baby simple foods that they can easily digest such as mashed vegetables, fruit or baby rice mixed with their usual milk.
- They may also like finger foods such as sticks of cooked potato, sweet potato, yam, carrot, banana or cooked apple.
- Once they are used to simple foods, you can offer them other healthy foods such as meat, fish, pasta, noodles, bread, chapati, lentils and mashed rice.
- You can also introduce them to well-cooked eggs and full-fat, low-sugar dairy products like cheese, yoghurt, fromage frais or custard.
- Gradually introduce your baby to a range of fruits and vegetables. This will help them get lots of different vitamins and minerals and also get them used to different flavours and textures.



Things to remember when feeding your baby

1. Avoid adding sugar to your baby's food. Use mashed fruit, breastmilk or formula milk to sweeten food if necessary.
2. When making food for your baby, don't add salt or use stock cubes, as their kidneys cannot cope with too much salt.
3. Although babies under one year old should not be given cow's milk as a drink, you can use whole milk as an ingredient when making their food.

Visit www.healthystart.nhs.uk for more helpful information about introducing solid foods safely.

Pancakes!

It's Pancake Day on February 21 – join in the celebrations by making home-made pancakes with healthy fruit toppings, helping you on your way to 5 A DAY!

Ingredients

(Makes 6 pancakes)

For the pancake mixture:

- 55g plain flour
- 1 egg
- 100ml milk mixed with 40ml water
- 1 tablespoon of oil
- topping of your choice (see suggestions below)

Toppings suggestions:

- Sliced or mashed banana.
- Stewed eating apples – to stew fruit, remove cores and chop into bite-sized pieces. Then heat in a pan with a little water until soft. There is no need to add any sugar as the fruit has natural sugar in it already.
- Summer berries – you can buy frozen berries with your Healthy Start vouchers. Just defrost them and serve with your pancakes.

Remember!

These pancakes are fine for babies who are already enjoying a range of solid foods. However, if your baby is just starting on solid food these pancakes will be too difficult for them to eat. You could try just giving them the toppings like stewed apple and mashed banana.



Method:

1. Put the flour in a large mixing bowl. Then make a well in the centre of the flour and break the egg into it.
2. Whisk the egg and flour together. You can use any sort of whisk or a fork.
3. Slowly add small quantities of the milk and water mixture and keep whisking. Don't worry about any lumps that appear. They will eventually disappear as you whisk.
4. Heat the oil in a frying pan until it's hot. Turn the heat down to medium. Then using a large spoon or a ladle add enough pancake mix to thinly coat the bottom of the pan.
5. After a minute or two, check that the underside of the pancake is cooked. It will look golden brown.
6. When it is ready, flip the pancake over and cook the other side. This will only take a few seconds.
7. Dish out onto a warm plate and serve with your favourite healthy toppings!

What's good to buy now and what's coming next?

February/March

Carrots, leeks, cauliflower, spring onion



April/May

Cherries, apricots, cucumber, lettuce



**Next month:
Don't miss
our updated
essential guide
to Healthy
Start for
2012/13**



www.healthystart.nhs.uk
0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.