



Baby 6-12 months

# *The Weaning Guide to Introducing solids*





## *The Weaning Guide to Introducing solids*

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## The Weaning Guide to Introducing solids

### THE WEANING GUIDE: INTRODUCING SOLIDS

Breastfeeding plays a significant role in building a bond between mother and baby. Breastmilk is more than just food to your baby, but a source of comfort, reassurance and closeness as the baby experiences life outside the womb. From six months to about three years of life, your baby will go through a period of rapid growth and development. As your baby undergoes these changes, his nutritional needs change.

#### Normal growth

In the first year, your baby will grow faster than at any other time in his life. By the end of his first year, he should have tripled in weight, grown 22–24 cm in length and increased to approximately a 55 cm head circumference to accommodate his growing brain. To achieve all this, your baby needs adequate nutrition.

#### Growth chart

Monitoring your baby's growth is critical. A growth chart is a simple yet accurate measure to see if your baby is getting the right foods for growth. Always ask your healthcare worker to plot your baby's height and weight on a growth chart. Keep this chart in a safe place and take it with you to the clinic or healthcare provider whenever you have to go for normal visits or when your baby is not well.

### WHAT IS WEANING?

At some point, milk alone won't be enough to satisfy your baby's developing needs, and this is when weaning comes in.

Weaning is when your baby is slowly introduced to solid foods and starts to move towards a balanced diet of various foods in addition to breastmilk. Weaning doesn't necessarily signal the end of the intimate bond you and your child created through nursing. It only means you're nourishing and nurturing him in different ways like reading a book, singing a song together or playing outside instead. If your child protests, try to stay calm and be firm.

The World Health Organisation recommends that babies should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. After this, a combination of solid foods and breastmilk is recommended until your baby is at least two years old.

#### When to Wean and How to Do It?

Deciding when to start weaning can be very confusing with all the information out there! The ideal time to introduce complementary foods can be influenced by your health and that of your baby.

#### Birth to six months

It is too early to introduce solids if your baby:

- Cannot hold her head up.
- Is still satisfied by her milk-feed (a milk-feed should satisfy her for 3–4 hours).
- Does not show any interest in food.
- Is younger than six months old.

It's important to know that introducing solids to a baby who is younger than six months does not help your baby sleep through the night. Dropping the night feed is more likely a developmental milestone and has little to do with feeding.

#### Why do we introduce solids to a baby's diet?

About halfway through the first year of life, babies begin to outgrow their liquid diet of breastmilk or milk-feeds, and will need a more diversified diet that will support their rate of growth. It is important to introduce complementary foods according to the needs of individual babies.

Start with the first gentle, soft foods at around six months of age. Use this period to train and adapt your baby's taste to semi-solid foods. Introducing solids too early or too late is undesirable. Starting too early may lead to allergies and overfeeding, whilst starting too late may lead to malnutrition and difficulty in adapting to solid foods.

*N.B.: Starting complementary foods too early or too late is undesirable.*



# The Weaning Guide to Introducing solids

## What is your role, mommy?

- Adults are responsible for what and when their children are fed.
- The parent controls the kinds of food served for meals and snacks
- Children decide how much they eat.

Their appetites and the amount they eat can change from day to day. Adults should not force children to eat. Always remember: you don't want to start weaning too early or too late!

## Introducing weaning too early:

- Interferes with breastfeeding (reduces sucking intensity).
- Can result in allergies and food intolerance.
- Increased risk of overfeeding and infectious diarrhoea.

## Introducing weaning too late:

- May result in under-nutrition and delay growth.

## WHEN TO INTRODUCE SOLIDS

The aim of weaning is to introduce the baby to new tastes and textures and to eat with a spoon. However, as with most things, it is better to begin with baby steps! During the initial stage of weaning, baby cereals with a very smooth consistency are best.

Later in the weaning journey, textured and lumpier foods and new taste varieties should be introduced to encourage chewing. You can also introduce your baby to a variety of baby cereals and flavours by the adding veggies, honey, fruits or even meat and fish. The more variety, the better!

## BABY FOOD FROM 6 MONTHS

### First foods

Your baby's first foods can include mashed or soft cooked fruit and vegetables like apples, pears, potatoes, carrots or sweet potatoes, all cooled before eating.

### Finger foods

Finger food is food that is cut up into pieces big enough for your baby to hold in their tiny fists with a bit sticking out. Pieces about the size of your finger work well. Your baby learns to chew this way. Try bite-size pieces of soft, ripe banana or avocado that they can hold.

### Next foods

Once your baby is used to the foods above, they can have soft cooked meat such as chicken, mashed fish (check very carefully for any bones), pasta, noodles, toast, pieces of roti, beans, rice, and mashed hard-boiled eggs. Choose products with no added sugar and salt or less sugar and salt. Do not add any sugar or salt.

### Fluids

Water, Rooibos tea or small amounts of fresh fruit juice can be given with meals from around 6 months.



# The Weaning Guide to Introducing solids

## STAGE 1:

### The Learner Eater – From around 6 months.

#### First steps in giving solids to the Learner Eater

The early tastes (first week) of solid foods are intended more for educating your little one in this new experience.

Offer small, baby-sized servings of 1–2 teaspoons at each feed and increase this gradually to portions of 2–4 tablespoons after the milk-feed.

Start by giving your baby cereal once a day. Always introduce small amounts of a single ingredient food. In this way, you can link any allergies or intolerances to a particular food, e.g. start by feeding 1–2 teaspoons of baby cereal at one meal and then slowly increase the amount to 3–4 tablespoons once or twice a day.

Choose foods that have a liquid/texture so that your baby can ‘suck’ the food off the spoon.

Common and preferred starter foods include:

- Baby cereals
- Most fruits – apples, bananas, peaches, etc.
- Yellow vegetables – butternut, pumpkin and carrots.

The kind of baby cereal will determine what it should be mixed with: either the current milk-feed (NESTUM) or previously boiled and cooled water (CERELAC). Mix it to a soft, slightly runny consistency. A mixture that is too stiff may make your baby gag.

#### Introduce one food at a time

The tendency to develop allergies is hereditary. An allergy will generally not manifest itself noticeably on the first occasion that the baby encounters the allergen. It is always wise to start with one new food at a time, over a period of approximately 3–5 days. In this way, you can immediately identify any adverse reactions. Eliminate foods that provoke an allergenic reaction and consult a healthcare professional to ensure the baby’s diet remains nutritionally adequate.

This systematic approach generally takes a minimum of 4–6 weeks between starting new food groups.

#### Introduce new foods repeatedly

Never force-feed your baby with solid foods. Studies show you may have to give your baby food up to 8 times before he/she accepts it, so keep trying. This will establish healthy eating habits from an early age.

#### Introduce spoon feeding

Babies often spit out their first semi-solid food rather violently – not because they do not want the food, but because the tongue movement used in sucking is the only motion they know.

They must learn an entirely new feeding technique.

#### Return to Top

You will be splattered with the food if their first efforts fail!

You may get splattered with food a few times, but this is all part of the process! Try not to get angry or upset, just persevere and enjoy the learning journey with your little one.

Healthy, hungry children will eat if they are given a calm atmosphere in which to do so. This is the first and most important consideration. It is unwise to introduce solid foods when you or your baby are overtired – your child probably needs the rest more than the meal.

Feed your baby where you can easily clean the mess and have a clean cloth handy to wipe up accidents. Wear clothes you can easily clean.

#### First spoon feeding experience

Choose a spoon that is small and smooth-edged. You may find plastic or rubberised spoons easier to use.

Hold a tiny spoon to the baby’s lips and let her suck off the content. She will get enough to taste and, if she likes it, she will go on eating.

Do not put the food on the front of your baby’s tongue, as it will simply dribble out again. He cannot push back far enough to taste or swallow. You will both be frustrated. Do not put too much food on the spoon or put it too far back in your baby’s mouth. This forces her to swallow with no chance to refuse the food, and she may gag. Do not force him to eat. Let him suck the food from the spoon. Stop feeding if the taste makes him cry or when his closed lips are saying ‘enough’.

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## STAGE 2:

### The Explorer Eater – From around 7 months.

When your baby has successfully learned to eat solid food, he is ready to explore new tastes.

When entering the Explorer Eater stage, your baby:

- Can sit unsupported.
- Can eat from a spoon.
- Can begin to drink from a cup.

The Explorer Eater can chew, therefore give him minced and mashed food that includes small, soft lumps. Mash and use the food the rest of the family is eating.

During this stage, your baby learns to chew better. Encourage him to feed himself. He wants to explore food textures, shapes and colour with his little fingers and experience new food sensations. Introduce soft foods such as cooked vegetables, for example, carrots, chopped soft fruit, such as pear and banana, and finger foods, such as toast.

#### Introduce textures that correspond with your baby's ability to chew

Mashed or chopped foods are suitable for 'gumming', but with the appearance of the front teeth (incisors), babies are usually ready for soft 'finger foods'. Give them cooked fruits and vegetables cut into small cubes or pasta that can be picked up by small hands. Introduce finely ground meat (poultry, etc.) and meat substitutes (dry beans, peas, and lentils), one variety at a time – again, wait about a week between the introduction of each new food.

## Foods to avoid

Round, hard foods, such as nuts, sweets, marshmallows, grapes, popcorn, raw carrots, raw green pepper, chunks of hard cheese, sausages or hot dogs, may cause your baby to choke and should be avoided until your baby is at least two years old.

## STAGE 3:

### The Confident Eater – From around 9 months.

As your baby develops her chewing and swallowing ability, she is now ready to take on more challenging, richer tastes and textures.

#### When entering the Confident Eater stage, your baby:

- Sits alone, easily.
- Self-feeds with her hands and drinks from a cup with a lid.
- Has one or two teeth.
- Begins to chew.

At this stage, you can chop rather than mash the food for your little one. Encourage your baby to feed herself. Your baby will now start to follow the family meal pattern.

*N.B.: From one year old, your child is ready to make the big transition from infancy to childhood, and will begin to enjoy foods in child-sized, chewable pieces that she can pick up with her index finger and thumb.*



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## NESTLÉ DEVELOPMENTAL FEEDING PLAN

As a Mother, you are faced with many feeding decisions for your baby, which can become confusing. "What is the right food and when do I give it?"

The easy-to-follow stages corresponding to physical and feeding milestones as your baby matures will help you give your baby what he/she needs. No more confusion, just happiness for you and your baby.

<div><div>STAGE 1 LEARNER EATER</div></div> <p><b>From around 6 months</b></p> <p>At this stage, your baby can:</p> <ul style="list-style-type: none"><li>• Sit with support and keep her head up.</li><li>• Display an interest in food by leaning forward and trying to grab it.</li></ul> <p><b>Oral Development</b></p> <ul style="list-style-type: none"><li>• Moves soft, strained food to the back of her mouth and swallows.</li><li>• Sucking pattern changes to a mature suck with liquids.</li><li>• Sucking strength increases.</li><li>• Munching pattern begins.</li></ul> <p>Your baby is growing so fast at this stage, that no milk-feed can totally fulfil her increasing needs. It is also time for your baby's first lesson: learning to chew.</p> <p><b>Stage 1 Baby foods</b> are mostly single-ingredient foods that avoid potential allergies and are perfect for your baby's maturing digestive system. These foods are finely textured and not difficult for your Learner Eater to swallow.</p>	<div><div>STAGE 2 EXPLORER EATER</div></div> <p><b>From around 7 months</b></p> <p>At this stage, your baby can:</p> <ul style="list-style-type: none"><li>• Sit unsupported.</li><li>• Curl his fingers around food held in his palm.</li></ul> <p><b>Oral Development</b></p> <ul style="list-style-type: none"><li>• Starts to chew and can have food with small, soft lumps.</li><li>• Starts with munching movements when eating solid foods.</li><li>• Starts with rotary chewing. When your baby has successfully learned to take solid food, he is ready to explore new tastes.</li></ul> <p><b>Stage 2 Baby foods</b> offer many different recipes to help develop your baby's taste buds. These low allergenic, two to three ingredient foods are used to provide safe, worry-free taste exploration for your baby.</p>	<div><div>STAGE 3 CONFIDENT EATER</div></div> <p><b>From around 9 months</b></p> <p>At this stage, your baby can:</p> <ul style="list-style-type: none"><li>• Sit alone easily.</li><li>• Feed herself, drink from a cup with a lid and chew coarser foods.</li></ul> <p><b>Oral Development</b></p> <ul style="list-style-type: none"><li>• Begins to chew.</li><li>• Can eat family meals, chopped into little pieces.</li><li>• Bites nipples, spoons, and crunchy foods.</li><li>• Uses tongue to lick food morsels off the lower lip.</li></ul> <p>As your baby improves her chewing and swallowing ability, she is ready for more challenging, richer tastes and textures.</p> <p><b>Stage 3 Baby foods</b> introduce your baby to textured foods that are safe and delicious. A mixture of ingredients ensures that your baby learns to appreciate more complex tastes and the variety helps her to develop well-balanced eating habits.</p>	<div><div>JUNIOR</div></div> <p><b>From around 12 months</b></p> <p>From 1–3 years, your child will make the big transition from infancy to childhood.</p> <p>He can now:</p> <ul style="list-style-type: none"><li>• Eat by himself.</li><li>• Choose what and how much he eats.</li></ul> <p><b>Oral Development</b></p> <ul style="list-style-type: none"><li>• Has upper and lower teeth.</li><li>• Shows more control when chewing.</li><li>• Can eat family foods, chopped and whole.</li></ul> <p>During this time, it is important to provide him with a strong foundation for later years.</p>
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## FOOD PREP

Food preparation is necessary once baby starts on solid foods. It is also important for the baby's immune system as their tummies are more vulnerable to infections.

- Wash your hands well before you start preparing any meal for your baby.
- Use boiled water for cooking and cleaning baby's utensils.
- Keep your baby's utensils on a separate shelf and rinse them with boiled water before serving time.
- If food is frozen, defrost it thoroughly before you cook it, unless the food label says otherwise.
- Never freeze food that was already frozen.
- Baby food prepared in advance should be cooled quickly then stored in the fridge.

See how you can prepare exciting and delicious meals for your baby here: <https://www.startstrong.nestle.co.za/recipe/>

### Safely prepare:

- Fruit with skins or seeds: Remove seeds and peel fruits before giving them to your child. Fruits can also be diced or cooked and mashed.
- Fish or chicken with bones: Carefully cut the meat off the bone and then into small pieces. Check meat thoroughly for any signs of bones.
- Peanut butter: If your child is at a stage when they can safely consume peanut butter it might be useful to know that a spoonful of peanut butter can block the windpipe. Peanut butter can also stick to the lining of the throat and windpipe, making a child unable to breathe. Only allow peanut butter that is spread thinly on a slice of bread or a cracker.

- Hot dogs and sausages: Slice and dice these meats into tiny cubes. You may want to remove the skin before cutting them.
- Grapes: Peel and mash grapes before serving.
- Beans (especially large beans): Always mash before serving.
- Peas: Although peas are small individually, a child who eats more than one pea at a time may choke.
- Whole carrots: A child may break off too big a bite and choke. Cook carrots and cut them into smaller pieces, or cut raw carrots into thin slices.
- Lastly and importantly, keep baby sitting upright in his high chair while eating and never leave a baby alone with food.

### How much should you feed your baby?

Many mothers ask this question, but absolute quantities are not helpful. Each baby will eat according to her growth rate. It is important to understand your baby's behaviour, which will show you when she has had enough.

### Behaviour that shows when your baby is satisfied

It is important to know when to start and when to stop feeding. Your baby's behaviour will show you when she is satisfied.





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### BEHAVIOUR THAT SHOWS WHEN YOUR BABY IS SATISFIED

It is important to know when to start and when to stop feeding Your baby's behaviour will show you when she is satisfied.

#### STAGE 1 LEARNER EATER



##### LEARNER EATER FROM SIX MONTHS

- Releases nipple and withdraws head.
- Obstructs mouth with hands.
- Increases attention to surroundings.
- Bites nipple.

#### STAGE 2 EXPLORER EATER



##### EXPLORER EATER FROM SEVEN MONTHS

- Changes posture.
- Keeps mouth tightly closed.
- Shakes head as if to say "no".
- Plays with utensils
- Hands become more active.
- Throws utensils

#### STAGE 3 CONFIDENT EATER



##### CONFIDENT EATER FROM NINE MONTHS

The already mentioned behaviour, and also:

- Splutters with tongue and lips.
- Hands bottle or cup to mother.

#### JUNIOR



##### JUNIOR FROM TWELVE MONTHS AND ONWARDS

- Says "no" to the food.
- Refuses to eat further.
- Plays with the food.
- Pushes the food away.

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## IS HOMEMADE FOOD SUITABLE FOR YOUR BABY?

Homemade food is entirely suitable for the introduction of solid foods, provided that the food type and texture are taken into consideration.

### Directions for home preparation of baby foods:

Select fresh, high-quality fruits, vegetables and meats.

- Be sure that all utensils, including cutting boards, grinders, knives, etc., are thoroughly clean.
- Wash your hands before preparing the food.
- Clean, wash and trim the food, in as little water as possible.
- When a fridge is not available, hygienic food preparation is essential.
- Cook the food until tender, in as little water as possible. Avoid overcooking.
- Do not add salt or sugar. This is unnecessary.
- Add enough water to give the food a consistency that is easily strained.
- Strain or purée the food using an electric blender, food mill, baby food grinder, or a kitchen strainer.
- Serve the food immediately to avoid spoiling.
- If more than one meal has been cooked, pour strained food into an ice cube tray and freeze. Remove cubes and store in freezer bags.
- Defrost and heat (in a water bath or microwave) in a small bowl, only enough food to be eaten in a single feeding.
- When a microwave oven is used, make sure that the food is evenly heated, and stirred before serving – check the temperature before feeding your baby.

## SHOULD YOU FORCE YOUR BABY TO EAT IF THEY DON'T WANT TO?

Feeding time can become a battle of wills.

It is natural to be impatient and want to force a baby to eat when time and preparation have gone into making the little meal.

It is important to remember that we feed babies to help them grow and not to control them.

Feeding time will be more pleasant for all concerned if you remember that a hungry baby will eat.

Do not smack or hit or shake your baby if he does not want to eat.

The most common problem in this age group is the child who refuses to eat. This can be a major source of concern for parents, as mealtimes can become a battlefield.

Remember that your child may have appetite fluctuations from day to day, and even meal to meal. This is perfectly normal as most children in this age group tend to sustain their normal growth despite poor food intake.

Never be tempted to force-feed Junior – it will be fruitless and may result in a life-long aversion to certain foods.



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## FUSSY EATERS

As baby transitions into toddlerhood, they will have their particular favourites when it comes to food. Not all children are fussy eaters, but for some, this is a stage when they become independent. Babies who only ever eat their favourites are unlikely to develop a taste for other foods and can become fussy. It may take as many as eight tries for your baby to enjoy new tastes.

To encourage your little one to explore a variety of tastes, here are other ways you could try to get them to eat:

- Make feeding fun by serving food in different shapes on their plates.
- Make “yummy” noises, so they understand the food is tasty.
- Offer them small portions of different foods and track which one they like.
- You can also track their taste with Nestlé’s taste tracker here: <http://bit.ly/2bKTtbU>.
- Try again and be patient with your baby when they reject new foods.

### Reducing the risk of allergy

There is an increased risk of allergy when solids are introduced too early, i.e. before 4–6 months. A baby’s immune system may react to proteins found in foods other than breastmilk.

These reactions may trigger allergic responses in the baby, which may present as eczema, diarrhoea or vomiting. When one or both parents have a family history of allergies, there is a higher risk of their baby developing an allergy.

- It is best to delay the introduction of solids to as close to six months as possible.
- When introducing solid foods, introduce one food at a time over a period of 3–5 days.
- When introducing allergenic food types, discuss this first with your healthcare professional.

### Allergenic foods:

- Cow’s milk/goat’s milk
- Eggs
- Citrus fruit
- Fish
- Peanuts
- Peanut butter

*Note: New data is always rapidly available, so if there is a history of allergy in a family it is highly recommended to consult your doctor or dietician for the most recent recommendations.*

## CHOKING HAZARDS

### How to handle choking

A new texture, taken for the first time, may make your baby gag out of surprise. If she does, straddle her over your forearm, with her head lower than her body and supported on your thigh. Pat her firmly on the back with the heel of your hand and encourage her to cough until the food is dislodged.

Talk soothingly and gently rub her back, and she’ll be more able to swallow.

*Learn how to administer first aid for choking, as your baby can lose consciousness.*

Weaning is a big learning process for both you and your baby, and as long as you offer safe foods, your little one’s gums are quite capable of chewing soft, mushy foods. Babies can, however, gag a few times during their first few attempts at eating either because they put too much food in their mouths at once or when food is pushed too far back.

In essence, this is a good thing because the gag reflex is a safety mechanism that prevents choking! It forces your baby to move food from the back of the throat to the front, keeping it from getting stuck in the throat. As a result, your baby learns what not to do next time.

### What is the difference between gagging and choking?

- A child who is gagging appears to be coughing mildly and may make a little noise.
- A child who is choking will look terrified, be unable to breathe and make a noise.

### Safety tips to prevent choking

The best way to avoid choking is to prepare food for young children in ways that reduce their risk of choking. Avoid foods that can be choking hazards such as:

- Nuts
- Popcorn
- Hot dogs
- Chunks of peanut butter
- Raw vegetables
- Raisins
- Whole grapes
- Chunks of meat or cheese
- Fruit chunks, such as apple chunks

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## HOW A BABY'S BOWEL MOVEMENTS WILL CHANGE

As your baby starts new foods, their bowel movement will change, and their poo will become thicker, darker, and smellier.

### Mustard Yellow

If you are exclusively breastfeeding, and your baby's poo is bright or mustard yellow (and sometimes slightly orangish), congratulations, your baby poo is normal.

### Tan

If your baby is on formula, and their baby poo is tan and slightly solid (think a thin peanut sauce), then it's normal.

### Lime Green

This baby poo colour usually means there is some digestive distress. Lime Green poo can also be a sign of a stomach bug. A stomach bug poo is usually frothy and/or mucous as well.

Another possible reason that your breastfed baby's poo is green is sensitivity to something you are eating. Finally, if baby has recently eaten spinach or kale it might answer the age-old question of, "why is baby's poo green?"

Always consult your healthcare professional regarding any changes that you may be concerned about as they will be able to rule out any possible concerns.

### Forest Green

Dark green poo is a normal variation of poo from a baby who is taking certain supplements. It also can be the transition from meconium to regular faecal matter. Talk to your healthcare professional about possible supplements that may change your baby's poo colour.

### Brown

Baby poo will start to turn brown as she begins to eat more and more solids. Boring, but totally normal.

### White

A baby poo that is chalky white or grey poo can be a sign that his liver is not producing enough bile. Call your Paediatrician immediately. If your baby's poo seems to be giving them pain, they may be constipated. Make sure also to offer them lots of water, fruits and vegetables.


## Bristol Stool Chart


### CONSTIPATION

Type 1  Separate hard lumps, like nuts (hard to pass)

Type 2  Sausage-shaped but lumpy


### DEFECATION

Type 3  Like a sausage but with cracks on its surface

Type 4  Like a sausage or snake, smooth and soft

### DIARRHOEA

Type 5  Soft blobs with clear-cut edges (passed easily)

Type 6  Fluffy pieces with ragged edges, a mushy stool

Type 7  Watery, no solid pieces. **Entirely Liquid**



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## FULL NESTLÉ PRODUCT RANGE AND HOW THEY FIT INTO YOUR WEANING JOURNEY

As baby grows, they also outgrow their liquid diets. Start with soft foods such as Nestlé NESTUM®, Nestlé CERELAC® baby cereals and/or Nestlé JOGOLINO® at around 6 months of age. These cereals do not contain GMO's.

### From 6 months onwards:

#### Single grain to introduce solids

##### Nestlé NESTUM®

Start with a single grain – Nestlé NESTUM® single-grain baby cereals are finely textured making them easy for your baby to swallow and come in four different flavours:

- Nestlé NESTUM® Baby Cereal – Regular
- Nestlé NESTUM® Baby Cereal – Rice
- Nestlé NESTUM® Baby Cereal – Banana
- Nestlé NESTUM® Baby Cereal – Maize

##### Nestlé CERELAC®

- Nestlé CERELAC® Baby Cereal with Milk – Regular
- Nestlé CERELAC® Baby Cereal with Milk – Maize
- Nestlé CERELAC® Baby Cereal with Milk – Rice
- Nestlé CERELAC® Baby Cereal with Milk - Banana

### From 7 months onwards:

#### More flavour to explore new tastes

From 7 months onwards, add more flavour to allow your little one to explore new tastes with yummy flavours. Nestlé NESTUM® is made with ingredients that provide an exciting taste exploration for your baby.

### Available in two different variants:

##### Nestlé NESTUM®

- Nestlé NESTUM® Baby Cereal – Mixed Cereal
- Nestlé NESTUM® Baby Cereal – Honey

##### Nestlé CERELAC®

- Nestlé CERELAC® Baby Cereal with Milk – Strawberry
- Nestlé CERELAC® Baby Cereal with Milk - Honey

### From 9 months onwards:

#### More texture to facilitate chewing

Add texture to your baby's foods from 9 months onwards. Nestlé NESTUM® baby cereals include more texture to facilitate chewing. Flavours include:

##### Nestlé NESTUM®

- Nestlé NESTUM® Baby Cereal – Strawberry and Banana
- Nestlé NESTUM® Baby Cereal – Whole-wheat and five cereals

##### Nestlé CERELAC®

- Nestlé CERELAC® Baby Cereal with Milk – Mixed Fruit
- Nestlé CERELAC® Baby Cereal with Milk – Carrot and Spinach

### From one year onwards: Pieces & texture to help develop good healthy habits

For the little ones, from one year and above, Nestlé CERELAC® Little 1s cereal contains pieces and textures that will help them develop healthy eating habits. Make mealtime yummy and fun with two delicious flavours:

- Nestlé CERELAC® Cereal with Milk – Strawberry Flavour
- Nestlé CERELAC® Cereal with Milk – Tropical Fruit Flavour



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## JOGOLINO®

Your little one is growing up so fast. Introduce dairy with great tasting Nestlé JOGOLINO®. Specially made with your baby's needs in mind, these delicious baby snacks delight the senses.

Nestlé JOGOLINO® is made with full cream milk and requires no refrigeration, which means that it's perfect for mummies on the move. Put a few Nestlé JOGOLINO® dairy snacks in your little one's baby bag to make sure you always have a snack at hand. Nestlé JOGOLINO® is also perfect for lunch boxes.

Nestlé JOGOLINO® is available in 2 stages, making it easy for you to choose a yummy treat according to your baby's age.

## From 6 months onwards: Single flavours to explore new tastes

Nestlé JOGOLINO® comes in 3 yummy flavours:

- Nestlé JOGOLINO® Dairy Cup with fruit – Strawberry
- Nestlé JOGOLINO® Dairy Cup with fruit – Banana
- Nestlé JOGOLINO® Dairy Cup with fruit – Pear

## From 7 months onwards: more texture to facilitate chewing

Add exciting flavours & textures that are just right for developing your baby's chewing ability.

Choose from 4 delicious flavours:

- Nestlé JOGOLINO® Dairy Cup – Chocolate
- Nestlé JOGOLINO® Dairy Cup – Baby Custard
- Nestlé JOGOLINO® Dairy Cup – Cereal & Biscuit
- Nestlé JOGOLINO® Dairy Cup – Cereal & Vanilla

