

BABYFOOD Course

**Useful Blogs:**

Bare barnemat (N)  
Margit Veia (N)  
Helsedirektoratet (N)  
Momtastic (US)  
[babycenter.com](http://babycenter.com) (US)  
[babybite.dk](http://babybite.dk) (DK)

**Norwegian guidelines when to introduce certain products:**

- 0-6 months just breastfeeding
- 1 month fish oil (alternative extra virgin canola/olive oil), a discussion whether this is a Norwegian phenomenon?
- A beginning with getting used to swallow
- Food with high levels of iron (combinations to benefit of the iron, food with C-vitamins)
- High energy food
- Milk products from 10 months
- Honey from 1 year
- From mashed to bigger bites 6-9 months
- Regular food from 1 year

**Organic?**

Of course this is the best alternative for everybody, some vegetables and fruits contains more pesticides than others like pepper bell and kiwi.

Coop and Ullandhaug økologiske gård have a good, ecological assortment. You can even get delivered 1 week supply from Håpet økologiske AS.

**Benefits of making your own baby food:**

It is cheap and easy  
You know exactly what your baby eat  
Your baby gets to distinguish and get used to the tastes  
I guess you can give me some more good reasons  
It is quite fun to experiment

## **What will we do and/or talk about today?**

### Purees:

Sweet potato, carrot, sunroot, pumpkin, pea, potato, zucchini, avocado. Kale, broccoli, asparagus and cauliflower can cause air in the stomach, could be fine to wait until the baby is 8-10 months. Tomato is strong, could be an idea to wait. Find combinations you like yourself and try it out on this course. Combinations with fruit as well.

### Porridge:

Buckwheat, quinoa (not to much because of high in protein), millet, mais.

### Fruit purees:

Banana, blueberry, apple, pear, melon, mango, grapes, ananas, apricot and prunes.

### Meat and fish:

In small doses in the beginning, then more.

### Herbs:

Cardamon, dill, muscat, nutmeg (ceylon), garlic, coriander, basil, thyme, parsley, tarragon, bay leaf, oregano and ginger.

### Other:

Pumpkinseeds and almondbutter (high in iron and other minerals). Fat as butter and extra virgin oil is beneficial for the brain development.

### Gluten:

Most flours contain gluten, it should be introduced gently from 6 months and further.

## **Guidelines for storage:**

One day in the refrigerator without breastmilk (contains enzymes that will make it really fluid)  
1-3 months in the freezer, depending on the fat it contains.

## **Other important things to consider:**

A good food processor is essential when you are going to make baby food.  
Little boxes for storage; Ikea and tupperware.

### **A little recipe for sore gums:**

2 cups flour (whatever you have in the kitchen, good if it is iron rich)  
3 tbs oil  
1 smashed banana  
1 tbs baking soda  
1 dl cold water (depending on the thickness)

180 C. for 10 minutes, then 60 C for an hour with a little opening in the oven.