

BABY NUTRITION QUICK-START GUIDE



BY SERENITY CARR & SARAH BALLANTYNE, PHD
A COLLABORATION BETWEEN



WWW.MYSERENITYKIDS.COM

WWW.THEPALEOMOM.COM

COPYRIGHT 2017 THE PALEO MOM LLC & SERENITY KIDS LLC.

No part of this publication may be reproduced, distributed, or sold in whole or in part, by any means, with or without financial gain, without the prior written consent of the Authors.

The information contained in this e-book is for entertainment purposes only. Always consult your healthcare provider before making any diet or lifestyle changes. The recommendations in this e-book are not intended to diagnose, treat, cure, or prevent any disease. By reading this e-book, you agree that neither The Paleo Mom LLC nor Serenity Kids LLC is responsible for your health relating to any information presented in this e-book.

TABLE OF CONTENTS

- 04 About the Authors
- 06 Intro to Baby's First Foods
- 08 Important Nutrients for Growth and Development
 - 10 Recommended Daily Allowance of Essential Vitamins and Minerals
- 12 Macronutrient Requirements for Babies
 - 13 Why Fat is Essential for Development
 - 15 Skip the Fruit!
 - 16 Why Meat is Good for Babies
- 18 First Foods FAQ
- 21 Making a Balanced Baby Meal
 - 22 Tips for Puree Preparation
- 24 Recipes
 - 25 Lamb, Parsnip, and Spinach Puree
 - 26 Bison, Beet, and Collard Greens Puree
 - 27 Super-Quick Turkey, Pumpkin & Avocado Puree
- 28 References and Further Reading
- 29 Serenity Baby Foods - Coming Summer 2017

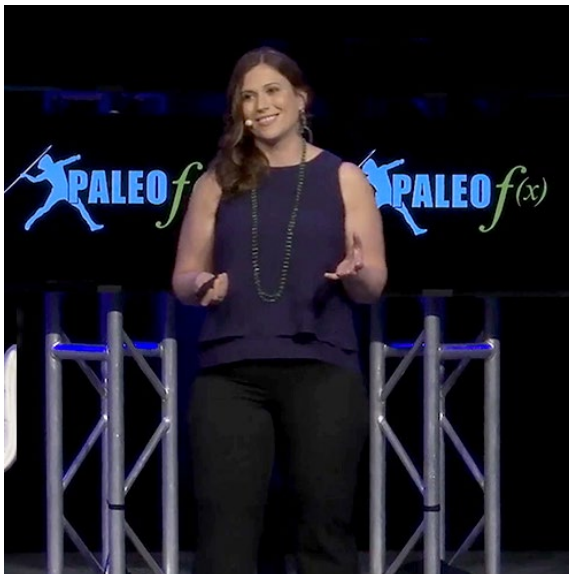
ABOUT THE AUTHORS

SERENITY CARR, Co-Founder and CEO of Serenity Kids Baby Food, is a passionate foodie, speaker, nutrition nerd, and chef. After a lifetime of struggling with anxiety, allergies, sinus problems, insomnia and poor digestion, Serenity discovered the Paleo diet & has never felt better. In 2015, she left her career in manufacturing for Fortune 500 companies and founded Joy of Paleo, teaching practical applications of Paleo principles to ease people's transition to this new (but very old) way of eating. As she and her partner began planning to have children, they discovered the lack of healthy baby food options, and set forth on a mission to create the healthiest baby food on earth. Their unique recipes blend meat from animals raised free-range on small family farms with organic vegetables to create delicious balanced meals high in healthy fats and protein. She is passionate about teaching parents the truth about baby nutrition, supporting sustainable farmers, and transforming the baby food industry. Learn more about Serenity & Serenity Kids on Facebook, Twitter, and Instagram.



SARAH BALLANTYNE, Ph.D. is the creator of the award-winning online resource www.ThePaleoMom.com; cohost of the syndicated top-rated The Paleo View Podcast; New York Times bestselling author of *The Paleo Approach*, *The Paleo Approach Cookbook* and *The Healing Kitchen*, and creator of the online program *Go To Bed*. Sarah earned her doctorate degree in medical biophysics at the age of 26 and spent the next four years doing research on critical care medicine, innate immunity, gene therapy and cell biology, earning a variety of awards for research

excellence along the way. Sarah's transition from academic researcher to stay-at-home mom to award-winning and internationally-recognized health advocate and educator was driven by her own health journey, which included losing 120 pounds and using both diet and lifestyle to mitigate and reverse a dozen diagnosed health conditions. As a scientist both by training and by nature, Sarah is deeply interested in understanding how the foods we eat interact with our gut barriers, immune systems,



and hormones to influence health. Sarah's innate curiosity goes further than just understanding diet and she is also deeply interested in the impact of lifestyle factors like sleep, stress and activity. Her passion for scientific literacy and her talent for distilling scientific concepts into straightforward and accessible explanations form the foundation of her work and her dedication to improving public health. Learn more by checking out Sarah's website, podcast and books. You can also find Sarah on Facebook, [Twitter](#), [Instagram](#), [YouTube](#) and [Pinterest](#).

INTRO TO BABY'S FIRST FOODS

Choosing your baby's first solid food can seem daunting. The good news is that there's no one perfect way to begin feeding your child, so relax and have some fun with it! This guide will share some simple things you can do to give your baby the best start.

Solid foods are an opportunity to provide your baby with powerful nutrition to support their growth and development in addition to an enriching experience with new flavors and textures! A word of caution: conventional wisdom isn't always correct, so taking your parents' or grandparents' advice isn't always best. First foods should be nutrient-focused whole foods including healthy fats, quality meats, and vegetables—not teething biscuits, cereal or sugary fruits. Refined foods and grains have less (sometimes much, much less) valuable nutrition and, contrary to popular belief, can irritate your baby's digestive tract.



A baby's digestive tract has matured sufficiently to start digesting well-cooked and pureed foods by around the age of six months. We see introduction of solid foods at this age even in contemporary hunter-gatherer tribes, where moms will chew food thoroughly before giving it to their babies (this is called “pre-mastication”). While hunter-gatherer moms do tend to breastfeed longer than we do in Western societies (typically up to about 3-years old and sometimes quite a bit older than that!), the gradual increase in nutrition from food compared to breastmilk follows a similar pattern. How do you know if your baby is ready for solid foods? Generally, she will start to show interest in your foods, perhaps even reaching for them if she's sitting in your lap while you're eating or mimicking your chewing motion while watching you intently. She should also be able to sit up well and you should have the go ahead from your pediatrician or other trusted health professional (to rule out any health reasons which might make delaying introducing solid foods beneficial).

Babies are complete naturals when it comes to eating intuitively. With a little taste-testing, your child will determine which foods her body needs, so make sure to follow her guidance and your own intuition. However, giving babies junk food like french fries and cookies throws off their innate intuition and starts the addiction cycle. Steer clear of junk foods now to set up your baby for a lifetime of healthy eating. It's best for you to also avoid junk foods at this point, because babies will follow their parents' lead. And when you avoid the pitfalls of refined, processed and

hyperpalatable manufactured foods, your baby is able to appreciate and enjoy the natural flavors of quality nutrient-dense whole foods! You might be surprised by your baby's favorite foods! They could be broth, liver, sauerkraut, or kale!



This guide will summarize important nutrients your baby needs, what foods are the best sources of those nutrients, answer a variety of first foods FAQ, and give you a rubric for creating a balanced baby meal! Plus, we've included three baby-tested recipes to get you and your little one started!

IMPORTANT NUTRIENTS FOR GROWTH & DEVELOPMENT

Due to their increased growth and metabolism, children have higher specific nutrient needs relative to their total body weight than adults do. This makes it very important to emphasize the most nutrient-dense foods (like organ meats, seafood, healthy fat sources, and vegetables) and limit “empty calories,” which take up volume in a child’s stomach without helping them reach their daily nutritional needs. And because of the specific developmental processes children are going through, a few nutrients become particularly critical during this time, including the following.



VITAMIN A, which is important for healthy vision, immunity, and gene expression (vitamin A deficiency is the leading cause of childhood blindness in developing nations and also puts children at significantly increased risk of infection). The best sources of vitamin A in the form of retinol are liver, eggs, and full-fat dairy products, and the best sources of vitamin A precursors are sweet potatoes, leafy green vegetables, squash, carrots, and many other orange and green fruits and vegetables.

VITAMIN B12, which is used in many metabolic processes and is important for neurological health (including playing a role in myelination from early fetal development all the way through early adulthood). The best sources of vitamin B12 are animal products like meat, fish, shellfish, poultry, and eggs.

VITAMIN C, which plays a role in synthesizing collagen and neurotransmitters during childhood (and beyond). It’s also critical for proper immune function, in turn helping children fight off infection as they’re exposed to any number of new

pathogens in their environment. The best sources of vitamin C are leafy greens such as kale, green peas, citrus fruits, potatoes, berries, kiwis, papaya, spinach, and pineapple.

VITAMIN D, which supports children's growing bones and teeth through its role in facilitating calcium metabolism (vitamin D deficiency is a major cause of rickets, which occurs when bones fail to mineralize and results in bowed legs and arms). The best sources of naturally-occurring vitamin D (apart from what the body produces during sun exposure) are fatty fish, liver, eggs, and full-fat dairy.

CALCIUM, which is used to build bones and teeth. An adequate intake during childhood and adolescence is necessary in order for children to attain strong peak bone mass and reduce their risk of osteoporosis later in life. Good sources are leafy greens, sardines, and full fat dairy products.

IODINE, which is needed for brain development in infancy, is used by the body to synthesize thyroid hormones, which in turn helps control a number of processes in the body such as growth, metabolism, and development. The best sources of naturally-occurring iodine are unrefined sea salt, sea vegetables, fish, eggs, and dairy products.

ZINC, which plays a role in growth, development, neurological function, immune function, and cell metabolism. Zinc deficiency can impair children's physical growth and increase their susceptibility to infection, so adequate intake is important for preventing "failure to thrive." The best sources of zinc are organ meats, grass fed and pastured meats, shellfish, crustaceans, and nuts and seeds.

OMEGA-3 FATS, DHA and EPA specifically, which are critical for healthy brain development, vision, gene expression, nervous system function, and building cell membranes. The best sources are meats from grass fed and pasture raised animals, and fatty fish such as salmon, mackerel, tuna, and sardines.

RECOMMENDED DAILY ALLOWANCE OF ESSENTIAL VITAMINS & MINERALS

Recommended Dietary Allowances (RDAs) are established for a variety of demographic groups by the Food and Nutrition Board of the Institute of Medicine. RDAs are the dietary intake level of a specific nutrient considered sufficient to meet the needs of 97.5% of healthy individuals, implying that this intake would be harmfully inadequate for just 2.5% of the healthy population. They are calculated based on the estimated average requirement for each nutrient, something that some specialists believe is a gross underestimation of our true biological need, since these levels are generally determined based on symptoms of deficiency rather than amounts needed for optimal health.



The following are the established RDAs for essential vitamins and minerals for babies.

VITAMIN A	0 to 6 months	375 mcg RE
	7 to 12 months	375 mcg RE
VITAMIN B1	0 to 6 months	0.3 mg
	7 to 12 months	0.4 mg
VITAMIN B2	0 to 6 months	0.4 mg
	7 to 12 months	0.5 mg
VITAMIN B3	0 to 6 months	5 mg
	7 to 12 months	6 mg
VITAMIN B5	0 to 6 months	2 mg
	7 to 12 months	3 mg

VITAMIN B6	0 to 6 months	0.3 mg
	7 to 12 months	0.6 mg
VITAMIN B9 (FOLATE)	0 to 6 months	25 mcg
	7 to 12 months	35 mcg
VITAMIN B12	0 to 6 months	0.3 mcg
	7 to 12 months	0.5 mcg
VITAMIN C	0 to 6 months	30 mg
	7 to 12 months	35 mg
VITAMIN D	0 to 6 months	7.5 mcg
	7 to 12 months	10 mcg
VITAMIN E	0 to 6 months	3 mg TE
	7 to 12 months	4 mg TE
VITAMIN K	0 to 6 months	5 mcg
	7 to 12 months	10 mcg
CALCIUM	0 to 6 months	400 mg
	7 to 12 months	600 mg
COPPER	0 to 6 months	600 mcg
	7 to 12 months	700 mcg
IODINE	0 to 6 months	40 mcg
	7 to 12 months	50 mcg
IRON	0 to 6 months	6 mg
	7 to 12 months	10 mg
MAGNESIUM	0 to 6 months	40 mg
	7 to 12 months	60 mg
MANGANESE	0 to 6 months	0.6 mg
	7 to 12 months	1 mg
PHOSPHORUS	0 to 6 months	300 mg
	7 to 12 months	500 mg
SELENIUM	0 to 6 months	10 mcg
	7 to 12 months	15 mcg
ZINC	0 to 6 months	5 mg
	7 to 12 months	5 mg

MG=MILLIGRAMS, MCG=MICROGRAMS, RE=RETINOL EQUIVALENTS, TE=TOCOPHEROL EQUIVALENTS

MACRONUTRIENT REQUIREMENTS FOR BABIES

“Macronutrients” are essentially carbohydrates, proteins, and fats. Your optimal diet is determined by finding the ratio that works best for your body. When it comes to macronutrient ratios for kids, we can get a very good idea of how they should be eating by looking at the composition of human breast milk. In prehistoric cultures, children likely received at least some breast milk until the age of 4 or 5 years, so it’s a pretty safe bet that the macronutrient ratio of breast milk is a good guide at least for kids up to that age. Milk is considered the perfect food for growth of a young child, and we can continue to use the macronutrient ratio of breast milk as a general guide for the diets of our children for as long as they are growing.



The macronutrient ratio of human breast milk is quite variable, depending on the diet of the mother, the amount the baby nurses, and the age of the baby. There seems to be some signaling from the baby to the mother, and it is very likely that much of this variability reflects the specific dietary needs of the baby at that time. The carbohydrate content of human breast milk varies from 57% to 70% (as a percentage of total milk solids). Fat makes up 28-39% of milk and protein makes up about 7-10% (as a percentage of total milk solids).

The USDA used this information along with average baby weight to establish the following guidelines.

PROTEIN	0 to 6 months	9.1 grams per day
	7 to 12 months	11 grams per day
CARBS	0 to 6 months	60 grams per day
	7 to 12 months	95 grams per day
FAT	0 to 6 months	31 grams per day
	7 to 12 months	30 grams per day

WHY FAT IS ESSENTIAL FOR DEVELOPMENT

Human breast milk is high in fat, with approximately 45% to 55% of the caloric content of breast milk coming from fat. And, on average, 43% of that fat is saturated, 37% is monounsaturated (including up to 7% of total fat being natural trans-fatty acids like conjugated linoleic acid (CLA)), and 20% is polyunsaturated.

Fat is necessary for brain development, hormone regulation, and building the immune system. Fat is also needed for baby's digestive system to absorb fat-soluble vitamins like A, D, E, and K. Saturated and monounsaturated fats also increase intestinal absorption of calcium necessary for rapid growth. It makes sense to feed your baby high-fat foods, comparable to the fat content of human milk to continue to support your baby's growth and development. Fats are satiating foods, which means baby will feel full longer and possibly get a longer, higher-quality night's sleep.

Fats from animal sources such as meat, dairy and egg yolks are ideal for infants; but beware, not all animal fat is created equal. The healthiest fats come from animals that eat their optimal diet, such as grass for cows or foraged plants for pigs. For example, compared to conventional beef, grass-fed beef contains significantly higher Omega-3 fatty acids (DHA and EPA), which are good for the brain, and CLA, a fatty acid that reduces inflammation and is a major component of breast milk. On the other hand, animals fed mostly grain (this is the meat available in most grocery stores) tend to produce meats with lower levels of important nutrients (for example, approximately one fifth the amount of vitamin E compared to grass-fed) have



less healthy fats (much higher Omega-6 fats and very little Omega-3s). It's also a myth that animals fats are all saturated. For example, lard (pork fat) is about 39% saturated fat, 45% monounsaturated fat, and 11% polyunsaturated fats.

Natural plant sources of fats, like olives and olive oil, avocados and avocado oil, full-fat coconut milk and coconut oil also contain healthy fats for babies and children. Look for unrefined, cold-pressed olive, avocado and coconut oil since heat processing can damage these fats as well as deplete valuable antioxidant phytochemicals and vitamin content.

SKIP THE FRUIT!

About 40-55% of the calories in human breast milk come from carbohydrates, and the result is that breast milk is quite sweet. Babies naturally enjoy sweeter foods (that's what they're used to after all!), but that doesn't mean they need sugar! Even the high sugar content in some fruit can be excessive for babies. While incorporating a little fruit into homemade baby foods can be a great way to make other more bitter nutritious whole foods palatable for babies, skip fruit purees as standalone foods. Remember that vegetables tend to contain the same important vitamins, minerals, phytochemicals and fiber as fruits and then some; opting for root veggies like winter squash and sweet potato is a great compromise as they provide a sweetness that babies love while also providing slow-burning starchy carbs instead of simple sugars.



When it comes to store-bought baby foods, pay attention to the sugar content. Check the number of grams and stick to servings under 5g. Doesn't sound like a lot, right? But 5 grams of sugar for a 15-lb baby is like a 150 pound adult eating 50 grams of sugar, which is the equivalent of drinking a 16-oz bottle of cola.

WHY MEAT IS GOOD FOR BABIES

Meat is high in protein, zinc, iron, B vitamins, and both monounsaturated and saturated fats. A baby's stomach more easily digests proteins and fats than starches. Meat is also the most digestible complete protein, far higher quality compared to grains, beans, and other plant sources. That means that more of the protein eaten is effectively absorbed and used by the body. Considering that much of baby's food may end up on the floor, on baby, or on you, efficiency is key.



A number of methods have been used to assess protein quality, but the newest and most comprehensive one (promoted by the Food and Agriculture Organization) is the Digestible Indispensable Amino Acid Score (DIAAS). This method measures the digestibility of individual amino acids by analyzing fecal matter at the end of the small intestine (in contrast to the previous protein ranking standard, the Protein Digestibility Corrected Amino Acid Score (PDCAAS), which measures absorption throughout the digestive system and doesn't take into account protein absorption by gut bacteria!). The DIAAS score is calculated based on individual amino acid digestibility, the original amino acid content of food, and human amino acid requirements. The higher the score, the higher the protein quality.

FOOD	DIAAS
WHOLE MILK	1.32
WHEY PROTEIN ISOLATE	1.25
WHOLE EGG	1.18
WHEY PROTEIN CONCENTRATE	1.1
BEEF	1.1
SOY PROTEIN ISOLATE	1

GARBANZO BEANS	0.66
PEAS	0.64
COOKED RICE	0.59
ROLLED OATS	0.54
RED KIDNEY BEANS	0.51
BARLEY	0.51
BLACK BEANS	0.49
RYE	0.47
WHEAT	0.43
ROASTED PEANUTS	0.43

As we can see, animal foods dominate the top of the chart when it comes to protein quality, whereas plant sources—especially whole food plant sources—trail significantly behind! That doesn't mean vegetables don't have merits of course, but rather that meat is an important source of nutrition for babies (and all of us!).

FIRST FOODS FAQ

WHEN SHOULD I INTRODUCE SOLID FOODS?

The general rule of thumb is that you can introduce solids once your baby is at least 5 months old (6 months old is better since the gastrointestinal tract is more mature by then), AND your baby is sitting up well, interested in your food, and you have the go ahead from your pediatrician or other trusted health professional. Watch closely for signs of choking and never leave a baby or toddler unattended while they are eating. You can help prepare your baby's digestive tract for solids by breastfeeding exclusively (which helps provide probiotics and hormones and enzymes that help mature the digestive tract). You can also give them a small amount of acidophilus/bifidus (buy a capsule that you can break open, and rub a small pinch in their mouth before they nurse or take a bottle) once or twice a day, starting at about three months old (again, with the approval of your pediatrician). Many people prefer a baby-led weaning strategy, whereby you wait until your baby is able to self-feed soft finger foods (some babies will be able to do this as early as 5 or 6 months, but 8-10 months is more usual). The food lists below are still applicable to a baby-led weaning strategy, just cutting foods up into small pieces instead of pureeing.

WHAT CONSISTENCY SHOULD BABY FOOD BE?

First foods for younger babies should be thinned with breast milk, formula, bone broth, or water and be very runny (it should pour off of a spoon and really be only slightly thicker than breast milk). Over the first few months, gradually increase the thickness of the baby food. By eight months old, most babies can start to handle a little texture in their baby food (think oatmeal consistency). By ten months old, most babies can handle a soft food, mashed with a fork. Sometime between 8 and 10 months old, your baby will probably show interest in some finger foods (like small pieces of soft fruit or cooked veggies). Watch your baby's cues and don't rush them.



WHAT TIME OF DAY SHOULD I FEED MY BABY?

Start with just one feeding a day, usually in the middle of the day, when your baby is not tired, and stop as soon as your baby is no longer interested. Your baby may only eat a few mouthfuls for those first few meals (or even few weeks of meals). You can also start to introduce sips of water at the same time as you are introducing foods, either from a cup (regular, sippy, straw) or spoon. Over the first few months, you can gradually increase the number of times a day that your baby is eating. By 9 or 10 months old, most babies will happily eat three solid meals a day and maybe even a snack or two.

BEING WATCHFUL FOR ALLERGIES.

It can take several days for an allergic reaction to a food to present itself. Only introduce one new food every 4-7 days (on the longer side if there are food allergies in your family). You do not need to give that new food every day for those 4-7 days, one or two exposures is sufficient. Watch for symptoms such as:

- hives or welts
- flushed skin or rash
- Swelling of face, tongue, or lip
- vomiting and/or diarrhea
- inconsolable crying
- coughing or wheezing
- difficulty breathing
- loss of consciousness

There are many high-allergy foods like berries, tomatoes, nuts, shellfish, citrus, and egg whites that should wait until your baby is at least one-year old before introducing.

IS IT EASY TO MAKE MY OWN FOOD?

Not only is it quite easy, it yields much more nutritious and tasty food for your baby. To save time, make a fairly big batch of individual ingredient purees or recipes like the ones included here and freeze tablespoons full (before thinning so that you can control the thickness as you baby gets older) in ice cube trays (once the food is frozen

you can pop the cubes into a bag and label for easy defrosting later). Just make sure you aren't refreezing anything (like freezing a mash made from steamed frozen vegetables).

CAN I MIX FOODS TOGETHER?

Absolutely! Play with different combinations! Something that might seem odd to you might be delicious to your baby! And most babies prefer one taste at one meal, so it's a great way to increase variety. Just make sure that all the ingredients are ones you've introduced before (or at least all but one).

WHAT ARE THE BEST FIRST FOODS?

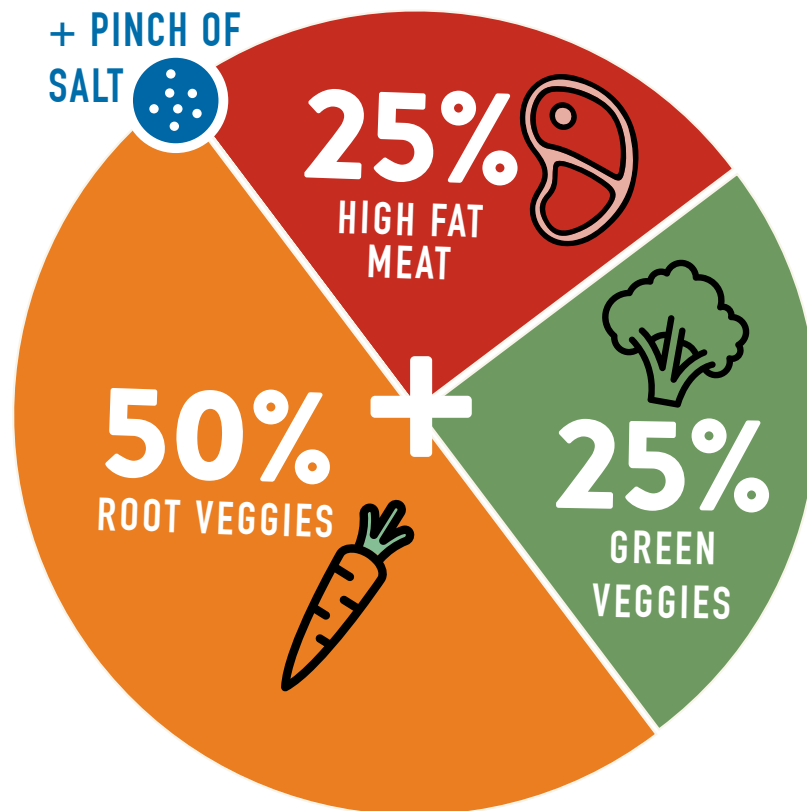
The best first foods for your baby are mashed ripe avocado, mashed ripe banana, mashed cooked sweet potato, mashed cooked winter squash, pureed liver (preferably pastured/grass-fed) and pastured egg yolk. For babies at least six months old, very well pureed, well-cooked meats (puree with broth or breast milk) and grass-fed whole milk yogurt are excellent early foods. Babies can usually start digesting well-cooked pureed green veggies around six months old too.

MAKING A BALANCED BABY MEAL

Once you have tried out single foods to rule out allergies, your little one will be ready for balanced meals.

A meal should be mostly fat and carbs (something like 40 to 50% of calories each) with a moderate amount of protein (ballpark 10% of calories) all from whole, preferably-organic vegetables, fatty fruit like avocado, and quality meats. Making purees with a mix of cooked vegetables and meat is an easy way to achieve this balance as well as cater to a baby's typical preference to eat only one flavor at any given meal. No need to count carb and fat grams though, this simple rubric will get you into the right ballpark for a balanced baby meal:

BALANCED MEAL PUREE



TIPS FOR PUREE PREPARATION

MEAT Use grass-fed, pastured, and organic meats, when possible. Cook the meat gently over low heat or in a broth so that no browning occurs. When pureeing, make sure to include any juices that collect in the pan to conserve the healthy fats.

VEGETABLES Organic is best! Cook each vegetable until soft. Not only does that make for a smooth puree, but cooking vegetables well makes them easier to digest. To make it easy, boil or roast them all together. Reserve any cooking liquid to use to thin the puree consistency when blending as well as preserve any valuable nutrients that may have leached into the cooking liquid.

HEALTHY FAT Choose fattier meat options like chicken thighs and higher fat ground beef (the fats in pasture-raised and grass-fed meat are healthier than conventionally-produced options), or supplement by adding healthy fats such as fresh avocado, olive oil, or grass-fed butter.

FLAVOR ENHANCERS Use a pinch of Himalayan or other iodine-containing unrefined salt for flavor and addition of valuable essential and trace minerals. Once your baby grows older you can have some fun introducing other flavorings like citrus, herbs, and spices.

TO PUREE Pureeing in a blender or food processor while the ingredients are hot makes it easier to incorporate the fat into the puree and achieve a nice smooth texture. Simply place your cooked vegetables, meats, healthy fat additions if using, and pinch of salt to the blender jar with some cooking liquid and blend on high until smooth. Depending on your equipment and exact ingredients, blending for anywhere between 30 seconds to a couple of minutes will be sufficient. Use cooking liquids, pumped breast milk, and/or homemade bone broth to thin purees sufficiently to blend well in the blender.



TO FREEZE Making a large batch and then freezing into smaller portions helps you avoid extra time in the kitchen! There are lots of options for freezing: you can use small freezer-safe mason jars or glassware to freeze individual meals; or freeze puree in an ice cube tray, then transfer frozen puree cubes into a freezer-safe container or bag for longer term storage. In general, homemade babyfood will be best if consumed within three months of freezing. Thaw and reheat the way you would any freezer meal. Also, cubes of frozen baby food make an excellent snack and are great while teething.

RECIPES



LAMB, PARSNIP, & SPINACH PUREE

MAKES 10 ounces

1/4 lb ground lamb
2 parsnips
1/2 c raw spinach leaves
pinch of Himalayan sea salt

1. Peel parsnips and cut into 1-inch cubes
2. Boil 8-10 min or until soft
3. Toss in spinach, stir, and boil another minute
4. In a separate pan, cook lamb on medium low heat until no longer pink. Do not brown.
5. With a slotted spoon, spoon cooked veggies into a blender pitcher, reserving the cooking water.
6. Add cooked lamb and any juices from the pan.
7. Puree meat, veggies, and salt with 1/4-1/2 c of the cooking water until smooth.
8. If the food isn't blending well, try scraping down the sides and adding more liquid.



BISON, BEET, & COLLARD GREENS PUREE

MAKES 10 ounces

1/4 lb ground bison
1 medium beet
1/2 c collard greens, stems removed
pinch of Himalayan sea salt

1. Peel beet and cut into 1-inch cubes and boil in small saucepan for 5 minutes.
2. Add collard green leaves to beets and cook for another 10-15 minutes or until beets are soft.
3. In a separate pan, cook bison on medium low heat until no longer pink. Do not brown.
4. With a slotted spoon, spoon cooked veggies into a blender pitcher, reserving the cooking water
5. Add cooked bison and any juices from the pan.
6. Puree meat, veggies, and salt with 1/4-1/2 c of the cooking water until smooth.
7. If the food isn't blending well, try scraping down the sides and adding more liquid.

NOTE: Collard green stems don't puree well, so leave them out for younger babies. You could include them for older babies who have some teeth.



SUPER-QUICK TURKEY, PUMPKIN & AVOCADO PUREE

MAKES 10 ounces

1/4 lb ground turkey
1/2 c cooked and pureed pumpkin
1/2 avocado
pinch of Himalayan sea salt

1. Cook turkey on medium low heat until no longer pink. Do not brown.
2. Scoop pumpkin puree and avocado into blender.
3. Add cooked turkey and any juices from the pan.
4. Puree meat, veggies, and salt, adding 1/4-1/2 c water or bone broth until smooth.



REFERENCES & FURTHER READING

Infant Nutrition and Feeding: A Guide for Use in the WIC and CSF Programs.
United States Department of Agriculture. <https://wicworks.fns.usda.gov/infants/infant-feeding-guide>

Nutrition in Pediatrics: Basic Science, Clinical Applications by W. Allan Walker.
Published by BC Decker Inc. 2008. Ed. Christopher Duggan and W. Allan Walker.

Hunter-gatherer Childhoods: Evolutionary, Developmental, and Cultural Perspectives by Barry S. Hewlett and Michael E. Lamb

Nourishing Traditions Book of Baby & Child Care by Sally Fallon Morell and Thomas S. Cowan

Real Food for Mother and Baby: The Fertility Diet, Eating for Two, and Baby's First Foods by Nina Planck

The Paleo Way by Pete Evans

Baby Led Weening by Gill Rapley and Tracey Murkett