

FOOD IDEAS FOR PACIFIC BABIES

6-8 MONTHS

After 1-2 weeks of puréed foods, you can now start to offer soft mashed/lumpy food as well as large pieces of cooked or ripe soft food.



Porridge with peanut butter and yoghurt



Weetbix with yoghurt and peaches



Puréed Koko alaisa with banana



Mashed fish, palusami and green banana



Mashed pork and potato with puréed silverbeet



Pork and beans with kumara



Fish and peas with pumpkin



Scrambled egg, carrot and taro



Puréed fish and sweetcorn with green banana



Chicken curry with baby rice and kiwi fruit



Beef soup with cassava



Puréed seafood and kumara soup with broccoli

You can increase to two meals per day - as long as it has no added sugar or salt.