

HEALTHY DIET GUIDELINES

Dietary Changes	
Daily Water Intake	
Filtered Water	small sips between meals can increase when older
Include raw/ cooked veggies	
Organic Lettuce, Red Capsicum, Cucumber, Carrot, Celery, Coriander, Parsley etc.	<p>* Its preferable to give babies soft cooked + soft raw foods at 6 months, such as avocados, pumpkin, but over 12 months you can introduce more raw foods.</p> <p>* when older: Put veggies in a food processor until they are finely chopped. Put in a container in the fridge and mix with meals throughout the day.</p> <p>Give raw veggies as snack throughout the day; snow peas, celery, carrots, cucumber</p>
Add healthy fats and proteins to every meal	
Sol Organic Ghee http://www.shopnaturally.com.au/sol-ghee.html OR Hemp Seed Oil, Coconut Oil , Olive Oil AND Beans, Chickpeas, lentils etc Nuts and seeds etc	<p>* can give a little bit at 6 months: 1/2 teaspoon 3 x daily with meals</p> <p>* can give a little bit at 6 months: 1 teaspoon 3 x daily with meals</p> <p>* you can introduce legumes from 8 months, mashed</p> <p>add a small amount to meals daily. If they make your child gassy, start with a very small amount and increase gradually over a couple of weeks</p> <p>*small amounts can be added from 6 months as long as they are made into a paste or ground into powder and tolerated</p>
Gluten/ Dairy Free Diet	
Dairy Free Milk Alternatives: Organic Hemp/ Coconut Milk/ Activated Almond Milk/ Tiger Nut Milk AND Gluten Free Alternatives: Organic Quinoa/ Buckwheat/ Millet/ Pumpkin/ Carrots/ Beetroot/ short grain white rice ALSO Safe <u>starches</u> ; potato, sweet potato, parsnips, beets, carrots	<p>* can use after 7/ 8 months: Some dairy milk alternatives. Try to avoid Milk with added sugar like rice bran syrup, maltose, or preservatives. Organic tinned coconut milk is ok.</p> <p>* can start gf grains after 8 months</p> <p>* starches are ideal baby foods</p>

Dietary Changes

Parsley + Coriander

Organic Parsley and Coriander

* can use after 8 months: add to meals finely chopped daily for a gentle heavy metal detox and to ease stomach gas

- introduce each food one at a time and watch for a reaction. If you baby doesn't tolerate some foods, its ok to leave them until he is older.
- great list of baby foods: I would just avoid the rice, oatmeal and barley in 4-6 months and replace with kamut, millet, flax and buckwheat recommended in 8-10 months, also avoid cheese : <https://i.pinimg.com/736x/ed/2f/c0/ed2fc0bb00a388bd3580d1666bed2d76--baby-chart-baby-food-charts.jpg>