For more information visit www.farex.co.nz or call our Careline to speak to our health professionals on 0800 55 66 66.

**Your baby's first taste**

- Offer solids after the milk feed
- Start with a very small amount, about 1 teaspoon
- Use a small soft-tipped teaspoon
- Start with a single food first
- Increase the quantity over several days, up to 2–4 tablespoons

**Preparation for Farex® Baby Rice Cereal**

- Spoon 1 tablespoon of Farex® Iron Enriched Rice Cereal into a clean bowl
- Add 2–3 tablespoons of baby's usual milk (breast milk* or formula) or cooled boiled water and stir until smooth
- Start with a runny consistency and gradually increase to a thicker creamy texture
- Farex® can be served warm or cold

**TIP**

Farex® can be added to food which appears a bit runny after cooking or defrosting.

*It is normal for rice cereal to appear watery when mixed with breast milk. You may want to add slightly more cereal.*

**AVOCADO AND BANANA MASH**

- 1 Tbsp mashed banana
- 1 Tbsp mashed avocado
- 1 Tbsp Farex® Baby Rice Cereal
- 2 tsps cooled boiled water

1. Combine mashed banana and avocado in baby's serving bowl.
2. Mix in Farex® Baby Rice Cereal and water to make a porridge like consistency.

**TIP**

Ensure banana and avocado are both ripe for ease of mashing. Increase quantity as baby's appetite increases.

**FRUITY RICE CEREAL**

- ½ ripe banana
- 1 Tbsp Farex® Pear and Banana Rice Cereal
- 2 tsps breast milk or prepared formula

1. Mash banana with a fork. Stir in the Farex® and milk to make a smooth consistency.

**TIP**

Save the remaining banana and mash with some avocado.

**APRICOT YOGHURT**

- ¼ cup plain yoghurt
- ¼ cup mashed canned apricots
- ¼ cup cooked rice
- 1 Tbsp Farex® Original Multigrain Cereal

1. Combine yoghurt with fruit, rice and Farex® in baby's serving bowl and mix well. Serve.

**TIP**

Add a little milk for a runnier consistency depending upon your baby's preference. Apricots can be substituted with mashed banana or other soft fruits.
Why Farex® is the ideal first food?
Iron-enriched rice cereal is the ideal first food because:

• Rice is the least allergenic of all cereals
• Iron-enriched rice cereal has the perfect texture for first foods
• One serve (5g or approx 1 Tbsp) provides around 1.1mg iron or over one-third of the Recommended Dietary Intake for a baby under 6 months1
• Farex® Rice Cereals do not contain added salt, sugar, preservatives or artificial flavours or colours

Farex® is specially formulated for your baby’s stage of development and contains some of the vitamins and minerals they need for normal growth and development.

Why is iron so important?

• Breast milk or infant formula alone is not an adequate source of iron for babies older than 6 months
• At around 6 months of age babies need additional foods containing iron
• Iron is essential for normal growth and development
• Babies are born with a natural store of iron but this starts to decline from birth
• Iron helps to transport oxygen around the body