



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.

## Here's some great recipe ideas...

### 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.

# Off to a great start

## Baby's first cereals and the importance of iron



For more information visit [www.farex.co.nz](http://www.farex.co.nz) or call our Careline to speak to our health professionals on **0800 55 66 66**.



# How do I know when my baby is ready for solids?

The recommended age for starting solids is around 6 months. Every baby is different and some babies may be ready earlier but solids are not recommended before 4 months.



## Did you know?

A 7-month old baby needs more iron than his or her father. The Recommended Dietary Intake for iron is 8mg for an adult male and 11mg for an infant 7-12 months.<sup>1</sup>

### You will know you can try solids when your baby:

- ✓ has good head and neck control
- ✓ is interested in watching you eat
- ✓ opens his or her mouth as food approaches
- ✓ is no longer satisfied by milk feeds alone
- ✓ tongue no longer pushes food out of mouth



## A strong start Building up your baby's iron

### 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

### Which foods contain iron?

- Iron-enriched cereal is one of the only first foods that provides a good source of iron for baby
- Choose your baby's cereal carefully, as not every cereal is iron-enriched
- Lean red meat is also an important source of iron and can be included in your baby's diet from around 6–7 months – puréed or finely minced for them to eat easily
- Foods that are rich in Vitamin C, such as fresh fruits and vegetables, can help improve the absorption of iron from other foods
- In children aged 18 months, cereal foods contribute most iron to the diet.<sup>2</sup> Ensure iron-enriched cereals remain a daily food for the first 2 years of life

1. Nutrient Reference Values for Australia and New Zealand, 2006. Department of Health & Ageing, NH&MRC.  
2. Karen Webb, et al. Meat consumption among 18-month old children participating in the Childhood Asthma Prevention Study. Nutrition and Dietetics 2005;62:12–20.

## 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 months<sup>1</sup>
- 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.



Farex® has an iron-enriched cereal for each stage of your baby's development:

**4+**  
MONTHS  
SMOOTH

#### READY FOR SOLIDS

- Baby Rice Cereal
- Pear & Banana Baby Rice Cereal



**6+**  
MONTHS  
FINE GRAINS

#### TIME FOR MORE TEXTURE

- Original Multigrain Cereal
- Muesli with Pear & Banana



**9+**  
MONTHS  
PIECES TO CHEW

#### INDEPENDENT EATING

- Muesli with Apple
- Porridge with Fruit

