

Super Baby Food Book Sample Chapter:

Feeding Your Super Baby at 7 Months

Introduce These New Foods to Your 7 Month Old:

- *tofu*
 - *cottage cheese*
 - *homemade mixed cereals*
 - *hard-cooked egg yolk (not egg white)*
 - *asparagus*
 - *carrots*
 - *green beans*
 - *peas*
 - *summer squash*
 - *white potatoes*
 - *peaches*
 - *pasteurized, mild fruit juices/nectars, strained and diluted, such as: apple, apricot, grape, papaya, pear, peach, and prune*
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There are over a dozen new foods in the list above for this month that you can introduce to your 7 month old. But there just aren't enough days in the month to introduce them all, as you have to wait at least 4 days between new foods (the Four Day Wait Rule, page 31).

The experts don't agree on the ages to introduce foods. Some recommend that you wait until 8 months before introducing egg yolks and cottage cheese, so you may want to introduce these later in the month and concentrate on introducing the new veggies. Remember that the white part of the egg should not be introduced until your baby's first birthday because it is a common allergen (page 34). Whether you are feeding your baby hard-cooked egg yolks mixed into Super Porridge or scrambled egg yolk as a finger food, be careful to cook the yolk thoroughly to kill any possible salmonella (page 38). See how to store and cook eggs on page 218. Remember to follow the warning on page 219 about checking egg yolks thoroughly before feeding to your baby.

Tofu (also called "soybean curd" or "bean curd") is a great food for babies 7 months and older. Tofu is a cheese-like product made from soybeans. You may be aware of the nutrition and health benefits of soy products. The "health food" tofu has become so popular that it now can be found in most regular supermarkets. See page 211 for how to store and freeze tofu. Mashed or pureed tofu can be mixed with your baby's fruit or

veggies. Or it can be added to homemade whole grain cereal to create a complete protein (page 244) meal for your little one.

At 7 months, your baby is ready for cereal mixed with fruit or vegetables. Try Brown Rice Super Porridge (page 191) with mashed bananas, or Millet Super Porridge (page 193) with carrot food cubes, or just about any combination.

Although your 7-month old is in the process of developing the pincer grasp, he may still have some time to go before he can handle small bits of finger food. Continue to feed him the finger foods listed on page 69 for 6-month olds. The pincer grasp and more is discussed in the section *Eating Milestones* beginning on page 66. Soft, silken tofu is a great and very convenient finger food that can be served in strips or in small chunks.

Introduce Diluted, Strained Mild Fruit Juices at 7 Months

At about this time, you can begin giving your baby diluted, mild fruit juice. Your pediatrician may advise the introduction of juice several months earlier.

WARNING: Make sure that you give your baby only commercial baby juices or juice that has been **pasteurized** to kill any dangerous bacteria.

Start with mild juices, such as apple, apricot, grape, papaya, pear, peach, and prune, remembering to use the 4-Day Wait Rule (page 31). Although some experts recommend orange juice and other citrus juices at 6 months, others recommend waiting until 12 months, especially if allergy to citrus runs in the family. Citrus is one of the foods that is a common allergen (page 35). Ask your pediatrician when you should start giving your baby orange juice.

Apple juice seems to be very popular because it has a low chance of allergy, although a friend of mine uses it because it doesn't stain the carpet. It certainly is no more nutritious than other non-citrus juices, unless it is vitamin C-fortified. If you're going to give your baby apple juice, infant juice is probably your best bet because adult apple juice may still contain the pesticide alar. Although alar is no longer used on apple crops, there may be some still remaining in stored apples or juice concentrates somewhere. Why take the chance? Use apple juice that is purposely for babies and more carefully screened for alar.

Juice Should Be Diluted When First Introduced

If you buy commercial baby juices, they do not need dilution. Again, you are paying a lot for water, as with jarred baby foods. If your pediatrician OKs it, you can save money and use regular adult juices and dilute them yourself. Buy those juices that are only 100% juice and make sure they are pasteurized. Do not feed your baby juice *drinks*, which have added sugar. Read the label and watch out for the OSE's (pages 230-231). Although natural juice does contain a lot of sugar, it also contains many other nutrients.

When you first introduce juices to your baby, dilute 1 ounce of juice to 3 ounces of water, giving a 4-ounce serving. Over a month's time, gradually increase to half juice and half water. In subsequent months as your baby grows older, gradually increase to 100% juice with no added water, as directed in the individual chapters in this book.

Some Juices Must Be Strained to Prevent Choking

Most natural foods stores have a nice selection of organic fruit juices which I highly recommend, but they sometimes have solid particles that should be strained out to prevent choking. See how to strain on page 144. If you have a juice extractor, use it to make fresh juices from organically grown fruits for your baby and strain them very well. Juice for your baby should be pasteurized: if it is not, boil to kill any bacteria and cool, of course, before feeding to baby. Keep in the refrigerator for only 2-3 days.

It's Important that Juice Not Replace Baby Milk

To keep your baby's breast milk/formula intake up, limit your baby's juice intake to 3-4 ounces of juice per day. Babies who drink too much juice may not be drinking enough breast milk or formula to obtain the fat, calories, and protein they need for proper development. Juice also contains large amounts of sugar, and natural or not, too much sugar is not good for your baby.

Please read the warning about diaper rash and too much fruit and/or fruit juice on page 30.

Protect Your Baby's Teeth from the Sugar in Juice

Use a baby cup instead of the bottle to feed your baby juice in order to minimize the time the juice remains in his mouth. (Introducing the cup is discussed on page 71.) Don't let your baby sip from a bottle or cup of juice throughout the day--the natural sugar in the juice will remain for extended periods on his teeth and may cause dental caries. For more information on protecting your baby's teeth, see page 47. Please re-read the section *Juice* on page 60. Your 7-month old probably will be awkward when it comes to drinking from the cup, so fill it with small amounts of water or juice to minimize spilling.

Food Consistency for Babies 7 Months Old

Your baby's food should still be pureed or mashed to a smooth consistency, although it can be slightly thicker now than it was for a beginning eater. Puree your baby's food until it is the consistency of a thick cream.

Daily Amount of Foods for Babies 7 Months Old

Babies at 7 months of age should be eating 2 meals a day, maybe 3. Each meal should consist of 2 to 3 food servings. At each meal, your 7-month old should be eating a total of cup or 4 ounces or more. Picture the amount in a small commercial baby food jar.

***Sample Daily Feeding Schedule for
Your 7-Month Old Baby***

Upon Awakening	breast/bottle
Breakfast	two or three food servings and breast/bottle
Lunch	two or three food servings and breast/bottle
Supper	two or three food servings and breast/bottle
Bedtime	breast or bottle of cooled boiled water
Plus water after and between meals. Offer 4 ounces of diluted fruit juice once a day.	

Daily Amount From Each Food Group for a 7 Month Old

Fruits/Veggies: 3-5 servings per day, including 1 vitamin A fruit/veggie and 1 vitamin C veggie/fruit/juice serving. Each serving should be 1-4 tablespoons or 1-2 food cubes. Total of 3-20 tablespoons for the day. See list of vitamin C fruits/veggies on page 129. A vitamin A veggie is one of the Super Green Veggies or one of the deep yellow/orange vitamin A veggies/fruits listed on page 129. The Super Green Veggies are actually orange too, but their green color hides the orange. Make sure to feed your baby only those veggies/fruits that are age-appropriate, as listed in the summary schedule on pages 76-77.

Super Porridge Cereals: 2 servings per day. Each serving of cooked cereal should be - cup, equivalent to 1-2 tablespoons dry, uncooked cereal per serving, for a total of 3-4 tablespoons of dry, uncooked cereal for the day.

Tofu: Add a few tablespoons of pureed or well-mashed tofu to Super Porridge to make a high protein cereal. Tofu and other beans mixed with the grains in Super Porridge combine to form complete protein that is as high in quality as meat. See protein complementarity, page 244.

Egg Yolk: Every second day or 3-4 times per week.

Dairy: 0-1 servings of dairy. A serving is 1/3-1/2 cup yogurt and 1/4-1/3 cup cottage cheese. Plus the breast milk/formula amounts stated in next section.

Daily Amount of Liquids for Babies 7 Months Old

Breast milk or formula is still the main food for your baby. Your baby should breast-feed 5 times a day or drink 30-32 ounces of formula a day. If your baby is not drinking this much, decrease the amount of solid foods. Keep your baby's total water and juice intake to 4 ounces maximum per day. Also, please read about water on page 58.

Feeding Your Baby The Super Baby Food Diet At 7 Months

If you have not already done so, please read about the Super Baby Food Diet on pages 111-140.

Super Porridge

At 7 months, you can make homemade whole grain Super Porridge cereals out of more than one grain. Try rice and millet, or rice and oats, or millet and oats. Directions on making these combined cereals are found in Part II, page 195. Remember to use only grains that have been previously introduced individually and checked for allergy using the 4-Day Wait Rule (page 31).

Meat Alternatives (Protein)

At around 7 months, it is recommended that meat be introduced into a non-vegetarian baby's diet. Instead of meat, the Super Baby Food Diet uses the healthier meat alternatives to supply protein: tofu, beans and other legumes, nuts, seeds, eggs, and dairy products. This month your baby is old enough to begin eating tofu, a soybean product. Next month at 8 months, you can introduce ground nuts/seeds, tahini, and brewer's yeast and, at 9 months, legumes. Your baby does not need meat to get the protein he needs, the Super Baby Food Diet supplies more than enough. See the table on page 257 of the nutrition section for the amounts of protein in the Super Baby Foods.

The complete information in the chapter above is for 7-month old babies. There is a chapter similar to the above chapter for each month of your baby's first year, along with complete information on feeding toddlers. Also included are more than 300 quick, easy, and fun toddler recipes!