



**Additional  
information**



# Plates and bowls used in this resource

The photos below show the actual sizes of the plates and bowls used in the food photos in this resource. Most of the plates, bowls and cutlery were sourced from RICE ([www.rice.dk](http://www.rice.dk)), a Danish brand of melamine crockery that can be obtained from a number of retailers in the UK. (Note that melamine cannot be used in a microwave oven.) The baby cups were sourced from [www.babycup.co.uk](http://www.babycup.co.uk). The plastic beakers were from IKEA.

**Plate**

20cm





**Bowl**  
Width: 12cm



Depth: 4cm



**Finger food bowl**  
Width: 8cm



Depth: 3cm

# Good sources of vitamins and minerals

The table below shows a number of foods and drinks that are important sources of certain vitamins and minerals.

	Animal sources	Vegetable sources
<b>Vitamin A</b>	<ul style="list-style-type: none"> <li>butter</li> <li>canned salmon</li> <li>cheese</li> <li>egg</li> <li>herrings</li> <li>kidney</li> <li>liver*</li> <li>full-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>apricots: fresh, dried or canned</li> <li>blackcurrants</li> <li>broad beans</li> <li>broccoli</li> <li>Brussels sprouts</li> <li>cabbage (dark)</li> <li>cantaloupe melon</li> <li>carrots</li> <li>honeydew melon</li> <li>mango</li> <li>nectarine</li> <li>orange</li> <li>peach</li> <li>peas</li> <li>prunes</li> <li>red peppers</li> <li>runner beans</li> <li>spinach</li> <li>sweet potatoes</li> <li>sweetcorn</li> <li>tomatoes</li> <li>vegetable fat spread</li> <li>watercress</li> </ul>
<b>Vitamin C</b>		<ul style="list-style-type: none"> <li>apples</li> <li>blackberries</li> <li>blackcurrants</li> <li>broccoli</li> <li>Brussels sprouts</li> <li>cabbage</li> <li>cauliflower</li> <li>grapefruit</li> <li>green and red peppers (raw)</li> <li>green beans</li> <li>kiwi fruit</li> <li>mango</li> <li>nectarines</li> <li>orange (and orange juice)</li> <li>peaches</li> <li>peas</li> <li>potatoes</li> <li>raspberries</li> <li>satsumas</li> <li>spinach</li> <li>spring greens</li> <li>strawberries</li> <li>tomato</li> <li>watercress</li> </ul>

	Animal sources	Vegetable sources
<b>Vitamin D</b>	canned salmon chicken liver* egg yolk herrings liver* pilchards sardines tuna	fortified breakfast cereals vegetable fat spread
<b>Iron</b>	egg herrings kidney lamb liver* pilchards salmon sardines tuna	baked beans black-eyed peas blackcurrants broad beans broccoli chick peas dried apricots fortified breakfast cereals lentils raisins soya beans spinach spring greens tofu weet bisks white bread wholemeal bread/flour
<b>Zinc</b>	canned sardines canned tuna or pilchards cold cooked meat corned beef eggs kidney lean meat liver* poultry shrimps and prawns	beans and lentils brown or wholemeal bread wholegrain breakfast cereals, eg. puffed wheat, branflakes, weet bisks ground nuts plain popcorn sesame seeds tofu
<b>Calcium</b>	canned salmon cheese egg yolk fromage frais milk yoghurt	calcium-fortified unsweetened soya, almond and oat milks dried fruit green leafy vegetables ground almonds orange peas, beans, lentils sesame paste sesame seeds tofu white bread/flour

\* Liver, including liver pâté, is very rich in vitamin A which can be harmful in large amounts. It is recommended that these foods are given to children no more than once a week.

# Resources

## Useful organisations and publications

### Association of Breastfeeding Mothers

T: 08444 122 948  
 Helpline: 0300 330 5453  
 E: info@abm.me.uk  
[www.abm.me.uk](http://www.abm.me.uk)

This charity offers extensive support to parents around breastfeeding and a range of factsheets and resources as well as a helpline. Information is available on a wide range of topics such as expressing breastmilk, breastfeeding twins, breastfeeding older children, tongue tie, and the roles of parents and grandparents.

### The Baby Café

[www.thebabycafe.org](http://www.thebabycafe.org)

Coordinates a network of breastfeeding drop-in centres and other services to support breastfeeding mothers.

### Best Beginnings

T: 020 7443 7895  
 E: info@bestbeginnings.org.uk  
[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

Best Beginnings is a charity working to end child health inequalities in the UK. It offers a range of advice for parents and carers about feeding your baby, life with your baby and supporting your sick or premature baby. Their DVD *From bump to breastfeeding* follows real mothers' stories, shows parents how to get started with breastfeeding and provides practical answers to common problems. It can be viewed in seven languages including Urdu, Bengali and Somali. The website also has videos on: *Breastfeeding twins or more* and *Breastfeeding your sick or pre-term baby*, as well as a video on supporting premature babies called *Small wonders*.

The **BabyBuddy** app produced by Best Beginnings is free to download and provides a wealth of information on new parenting including information and films related to eating well.

### The Breastfeeding Network

Supporter line: 0300 100 0210  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

The Breastfeeding Network is a UK charity that provides non-judgmental, independent, evidence-based, mother-centred breastfeeding information and support for breastfeeding women and their families. They run peer support projects across the country, as well as offering helplines.

The Breastfeeding Network also runs the **Drugs in Breastmilk Helpline** 0844 412 4665.

### Bliss

T: 020 7378 1122  
 Family Support Helpline: Freephone 0500 618 140  
[www.bliss.org.uk](http://www.bliss.org.uk)

Provides information about feeding babies born too soon, too small, or too sick. See their website page *Breastfeeding*. They also produce a book called *The best start – a guide to expressing and breastfeeding your premature baby*.

### First Steps Nutrition Trust

[www.firststepsnutrition.org](http://www.firststepsnutrition.org)

*Breastmilk and breastfeeding: A simple guide*  
*Infant milks: A simple guide to infant formula, follow-on formula and other infant milks*  
*Eating well for a healthy pregnancy: A practical guide*  
*Eating well in pregnancy: A practical guide to support teenagers*  
*Eating well recipe book*  
*Eating well for new mums*  
*Making the most of Healthy Start: A practical guide*  
*Eating well sustainably: A guide for early years settings*  
*Eating well: Vegan infants and under-5s*

### Food Standards Agency

[www.food.gov.uk](http://www.food.gov.uk)  
 Provides a range of resources about food safety and hygiene. These are available to download at [www.food.gov.uk/about-us/publications/safetyandhygiene](http://www.food.gov.uk/about-us/publications/safetyandhygiene)

### NHS Health Scotland/Scottish Government

[www.healthscotland.com](http://www.healthscotland.com)  
 An NHS Scotland website providing up-to-date information, resources and support for practitioners working with or supporting pregnant women and families with young children.

*Off to a good start: All you need to know about breastfeeding your baby*  
[www.healthscotland.com/documents/120.aspx](http://www.healthscotland.com/documents/120.aspx)

*Breastfeeding. The Feedgood factor*  
[www.feedgoodfactor.org.uk](http://www.feedgoodfactor.org.uk)

A website with practical information about breastfeeding.

*Ready, Steady, Baby*  
[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)

A website covering the time from deciding to have a baby, through pregnancy and birth, and up until your baby is 12 months.

**Healthy Start**

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

For information on breastfeeding, see

[www.healthystart.nhs.uk/food-and-health-tips/breastfeeding](http://www.healthystart.nhs.uk/food-and-health-tips/breastfeeding)

[www.healthystartalliance.org](http://www.healthystartalliance.org)

**HENRY**

[www.henry.org.uk](http://www.henry.org.uk)

This scheme (Health Exercise and Nutrition for the Really Young) is an intervention to protect young children from obesity and runs behaviour change orientated family programmes.

**Lactation Consultants of Great Britain**

[www.lcgb.org](http://www.lcgb.org)

E: [info@lcgb.org](mailto:info@lcgb.org)

The association for those with the qualification of the International Board Certified Lactation Consultant (IBCLC). It specialises in promoting, protecting and supporting breastfeeding and lactation issues. It is an affiliate member of ILCA (International Lactation Consultant Association).

**La Leche League GB**

T: 0845 456 1855 (General enquiries)

Helpline: 0845 120 2918

[www.laleche.org.uk](http://www.laleche.org.uk)

A support network that offers information and encouragement, mainly through mother-to-mother support, to all women who want to breastfeed their babies. It holds regular meetings, open to mothers, all over the UK.

*Breastfeeding guide: Tips and products* is available at:

[www.laleche.org.uk/content/books%26leaflets](http://www.laleche.org.uk/content/books%26leaflets)

There is also an excellent selection of frequently asked questions available at:

[www.llli.org/faq/faqsubject.html](http://www.llli.org/faq/faqsubject.html)

**National Breastfeeding Helpline**

T: 0300 100 0212 (available in English and Welsh)

This helpline is run in collaboration with volunteers from the Association of Breastfeeding Mothers and the Breastfeeding Network and is funded by the Department of Health.

**NCT**

T: 0844 243 6000

Helpline: 0300 330 0700

E: [enquiries@nct.co.uk](mailto:enquiries@nct.co.uk)

[www.nct.org.uk](http://www.nct.org.uk)

A national parenting charity that offers support and information on all aspects of feeding including breastfeeding, mixed and formula feeding and

introducing solid foods, via courses, the website, a helpline and local drop-ins. A full list of their factsheets is available at: [www.nct.org.uk/parenting](http://www.nct.org.uk/parenting). You can choose information targeted at babies from 0-3 months; 3-6 months; 6-9 months; 9-12 months; 12-18 months; and 18-24 months. See also the web pages:

*How long should I breastfeed?*

[www.nct.org.uk/parenting/how-long-should-i-breastfeed](http://www.nct.org.uk/parenting/how-long-should-i-breastfeed)

*Coping with colic*

[www.nct.org.uk/parenting/coping-colic](http://www.nct.org.uk/parenting/coping-colic)

*Dads and breastfeeding – common concerns*

[www.nct.org.uk/parenting/dads-and-breastfeedingcommon-concerns](http://www.nct.org.uk/parenting/dads-and-breastfeedingcommon-concerns)

**NHS Choices**

[www.nhs.uk](http://www.nhs.uk)

The NHS Choices website has information on all aspects of breastfeeding at

[www.nhs.uk/Conditions/pregnancy-and-baby](http://www.nhs.uk/Conditions/pregnancy-and-baby)

**Public Health Agency (Northern Ireland)**

*Off to a good start: All you need to know about breastfeeding your baby*

[www.publichealth.hscni.net/sites/default/files/off\\_to\\_a\\_good\\_start\\_2\\_2014.pdf](http://www.publichealth.hscni.net/sites/default/files/off_to_a_good_start_2_2014.pdf)

*What dads should know about breastfeeding*

[www.publichealth.hscni.net/sites/default/files/what\\_dads\\_should\\_know\\_2\\_2014.pdf](http://www.publichealth.hscni.net/sites/default/files/what_dads_should_know_2_2014.pdf)

*Weaning made easy: Moving from milk to family meals*

[www.publichealth.hscni.net/publications/weaning-made-easy-moving-milk-family-meals-english-and-translations](http://www.publichealth.hscni.net/publications/weaning-made-easy-moving-milk-family-meals-english-and-translations)

(Also available in Lithuanian, Polish, Portuguese and Russian.)

**Public Health Wales**

[www.publichealthwales.wales.nhs.uk](http://www.publichealthwales.wales.nhs.uk)

Bilingual resources (in English and Welsh) produced by the Welsh Assembly Government can be downloaded as PDF files from [www.cmo.wales.gov.uk/content/publications/index-e.htm](http://www.cmo.wales.gov.uk/content/publications/index-e.htm)

Their book *Birth to Five* includes information on breastfeeding.

*Bump, Baby & Beyond* (In English and Welsh)

[www.healthchallengewales.org/sitesplus/documents/1052/BB%26B%20English%20WEB%20compressed.pdf](http://www.healthchallengewales.org/sitesplus/documents/1052/BB%26B%20English%20WEB%20compressed.pdf)

A book that provides parents with support from the early stages of pregnancy, through to the early days with your baby and into the toddler years.

**Solihull Approach**

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

Parenting courses for health professionals and families.

**Start4Life NHS Information Service for Parents**

[www.nhs.uk/information-service-for-parents/pages/signup.aspx](http://www.nhs.uk/information-service-for-parents/pages/signup.aspx)

Pregnancy and baby emails for parents-to-be and new parents, with links to films and health and well-being information.

Start4Life also provide leaflets available to download from their website

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

*Healthy habits for baby and you*

*Off to the best start*

*Building blocks for a better start in life*

*Breastfeeding at study or work*

*Guide to bottle feeding*

*Introducing solid foods*

**Sustain**

[www.sustainweb.org.uk](http://www.sustainweb.org.uk)

Sustain produces *The Sustain guide to good food: How to help make our food and farming system fit for the future*.

**Twins and Multiple Births Association TAMBA**

T: 01483 304442

[www.tamba.org.uk](http://www.tamba.org.uk)

TAMBA produces a leaflet called *Breastfeeding more than one*, which gives advice on managing breastfeeding for twins or triplets or more.

**UNICEF UK Baby Friendly Initiative**

T: 020 7375 6052

E: [bfi@unicef.org.uk](mailto:bfi@unicef.org.uk)

[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

The UNICEF UK Baby Friendly Initiative website contains useful information and advice on all aspects of breastfeeding. It also provides free access to research on infant feeding including on topics such as breastfeeding and breast cancer; breastfeeding and tongue tie; and breastfeeding and allergy. See [www.unicef.org.uk/BabyFriendly/News-and-Research/Research](http://www.unicef.org.uk/BabyFriendly/News-and-Research/Research)

*Off to the best start*

[www.unicef.org.uk/Documents/Baby\\_Friendly/Laeflets/4/otbs\\_leaflet.pdf](http://www.unicef.org.uk/Documents/Baby_Friendly/Laeflets/4/otbs_leaflet.pdf)

A downloadable booklet produced in collaboration with the Government's Start4Life campaign. It provides information about all aspects of breastfeeding, including for multiple births.

*Breastfeeding at study or work – information for employees and employers*

[www.unicef.org.uk/Documents/BabyFriendly/Laeflets.pdf](http://www.unicef.org.uk/Documents/BabyFriendly/Laeflets.pdf)

**Vegetarian Society**

T: 0161 925 2000

[www.vegsoc.org](http://www.vegsoc.org)

The Vegetarian Society is a UK educational and campaigning charity. They produce a free booklet, *Vegetarian pregnancy, vegetarian babies*, about having a vegetarian diet during pregnancy, and feeding a baby a vegetarian diet. Available at [www.vegsoc.org/document.doc?id=9](http://www.vegsoc.org/document.doc?id=9)

**The Vegan Society**

[www.vegansociety.com](http://www.vegansociety.com)

T: 0121 523 1730

**Who to ask for advice**

In the UK, registered dietitians (RD) and registered nutritionists (public health) are the professionals qualified to provide advice and training on good nutrition in public settings. Anyone can call themselves a nutritionist in the UK, and those registered with organisations other than the Health Professions Council (for dietitians) or the Association for Nutrition (for registered nutritionists) are unlikely to have appropriate public health nutrition knowledge.

Health visitors are likely to be the health professional group providing most families with advice around infant feeding, and good information on nutrition for health visitors can be found through the Institute of Health Visiting (see [www.ihv.org.uk](http://www.ihv.org.uk)).

We hope that all those working to support families around good nutrition will ensure that any information they use is accurate, up-to-date and compatible with Unicef UK Baby Friendly guidelines. You can find out which organisations are, and which are not, compatible with Unicef

Baby Friendly in *Websites and organisations that are funded by the formula milk industry*, available from [www.firststepsnutrition.org](http://www.firststepsnutrition.org)



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