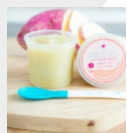


3

## HUNGRY TUMMY MEAL PLAN

From 9 months

♥ Baby &amp; Toddler Food ♥



Look out for allergic reactions when a new food is introduced. Test for egg allergies before 9mths (first the egg white & then yolk separately).

**Introduce finger snacks** & fruit in between meals. Babies will scale down on their milk intake when they get more dependant on solid foods. Add full cream yogurt / soft cheese (eg. cottage cheese) to snack options or as part of a meal.



### MONTH PACK = 1 MONTH SUPPLY:

PRODUCTS INCLUDED IN MONTH PACKS CANNOT BE EXCHANGED FOR OTHER FLAVOURS.  
FOR REFUX BABIES: CARROT MAY BE REPLACED WITH BUTTERNUT / SWEET POTATO.

①	5 Tubs Apple
①	5 Tubs Merry Berry
②	5 Tubs Rooibos Apple & Pear
②	10 Tubs Beef / Basil Beef
②	10 Tubs Chicken / Rosemary Chicken
②	12 Tubs Broccoli
②	12 Tubs Spinach & Green Beans
②	6 Tubs Beetroot & Sweet Potato
②	4 Tubs Minty Mashed Peas
③	14 Tubs Cinnamon Butternut
③	12 Tubs Vanilla Sweet Potato
③	10 Tubs Ginger Carrot
③	8 Tubs Fruity Chicken & Brown Rice
③	8 Tubs Sweet Potato Cottage Pie
③	2 Tubs Butternut Pasta Sauce
③	2 Tubs Tomato Veggie Pasta Sauce
③	3 Tubs Apple & Cinnamon Oats
③	3 Tubs Cherry Berry Oats

DISCOUNT INCLUDED

TIP

For variety, replace Sweet Potato flavours with our NEW Minty Mashed Peas flavour in meal plan.

### BREAKFAST

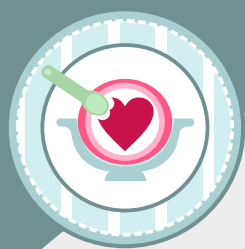
### MEAL 1

### MEAL 2

DAY ①	Cooked porridge (eg. 1 Tub Apple & Cinnamon Oats)	1 Tub Beetroot & Sweet Potato ½ Tub Cinnamon Butternut ½ Tub Spinach & Green Beans ½ Tub Basil Beef	1 Tub Sweet Potato Cottage Pie ½ Tub Butternut
DAY ②	Scrambled eggs, Full cream yogurt & Fruit (try finger food)	BABY BOLOGNESE: Cooked spaghetti 1 Tub Butternut Pasta Sauce ½ Tub Beef / Chicken	1 Tub Beetroot & Sweet Potato ½ Tub Cinnamon Butternut 1 Tub Rosemary Chicken
DAY ③	Homemade Baby Cereal & ½ Tub Apple (Recipe on our website)	1 Tub Vanilla Sweet Potato ½ Tub Carrot ½ Tub Spinach & Green Beans ½ Tub Rosemary Chicken	Cooked Rice 1 Tub Cinnamon Butternut ½ Tub Broccoli ½ Tub Basil Beef
DAY ④	Cooked porridge (eg. 1 Tub Cherry Berry Oats)	1 Tub Beetroot & Sweet Potato ½ Tub Ginger Carrot ½ Tub Spinach & Green Beans 1 Tub Beef	BABY LASAGNE: Cooked pasta ½ Tub Veggie Pasta Sauce ½ Tub Cinnamon Butternut ½ Tub Beef
DAY ⑤	Scrambled eggs, Brown toast & Fruit (try finger food)	1 Tub Vanilla Sweet Potato ½ Tub Cinnamon Butternut ½ Tub Broccoli ½ Tub Chicken	BABY COTTAGE PIE: Mashed Potato ½ Tub Veggie Pasta Sauce 1 Tub Cinnamon Butternut 1 Tub Basil Beef
DAY ⑥	Homemade Baby Cereal & Rooibos Apple & Pear (Recipe on our website)	Cooked Rice ½ Tub Ginger Carrot ½ Tub Spinach & Green Beans ½ Tub Basil Beef	1 Tub Beetroot & Sweet Potato 1 Tub Cinnamon Butternut ½ Tub Spinach & Green Beans ½ Tub Chicken
DAY ⑦	Full cream yogurt & ½ Tub Apple	½ Tub Vanilla Sweet Potato 1 Tub Fruit Chicken & Brown Rice	Mashed Potato ½ Tub Ginger Carrot ½ Tub Broccoli ½ Tub Rosemary Chicken

7 DAY MEAL PLAN EXAMPLE, ADJUST ACCORDING TO BABY'S PREFERENCES / NEEDS

From 9 months more texture is added to your baby's food. Try to start with replacing one flavour from the EXPLORER TUMMY range with a flavour from the HUNGRY TUMMY range. Use a fork for a smoother texture, or add some water to gradually get your baby to accept textured food. Recipes available on our website.



### 3

## TIPS FOR INTRODUCING TEXTURE

### HOW CAN A BABY BE ASSISTED WITH TEXTURE INTRODUCTION

Texture introduction starts at a very young age. As babies grow they start to put everything in their mouths. This is a good thing, as long as it is clean and safe to play with. This already helps babies to “de-sensitize” their mouths, preparing them for more textured food later on.

Small toothbrushes are also a good way for them to feel a new texture in their mouth. The “dummy-feeder” with the little bag for fruits/vegetables or ice is another great way to introduce texture in those mouths

Remember that every new flavour and texture is something new. Babies will not always love it immediately, and in some cases it will take 14-20 times of introduction before they will start to accept a flavour. Be PATIENT.

This range is aimed at introducing new flavours and textures to a baby's diet after the Explorer Tummy range has been introduced.

Flavours like cinnamon, vanilla, tomato, ginger, garlic are all new in this range and will prepare your baby for your “table foods” later

### GUIDELINES:

- Between 7-9 months is the best time to introduce as many flavours as possible, because babies are open to new flavours. This will create a food reference for many years to come.
- Parents should add their own food and textures to the range, to create a larger variety. Tummies full of Love is developed with products that freeze well. There are additional food options to create more mealtime choices, but these cannot always be frozen. A few good food options to include are: couscous, rice, potato, avocado, papaya, banana, baby marrow, kiwi, blueberries, pasta, and steamed vegetable cubes for kids to eat with their fingers.
- Also start to give cooked porridge for breakfast. Good examples are oats, maltabella, kreemy meal and wheat-bix. AVOID ANY SUGARY CEREALS, as they are not suitable for babies.



Introducing texture is the most challenging phase for most moms, and they usually give up too fast. Yes, your baby will take longer to eat. Take yourself for example: it's easier to sip down a yogurt than to actually eat a whole apple? Your baby will prefer the easy way, but it is our responsibility to make sure this phase takes place. This can have a major impact on the rest of a baby's development. Even if a baby does not have teeth, babies can chew with their gums. Remember, babies are not expected to bite off a big piece of food; we are talking about chewing. When a baby chews, they are learning to move food around with their tongues. This movement also assists in developing mouth muscles, which will help a baby with speech development. Texture introduction will also prepare a baby to join in on family meals.



Gagging is normal when coarser textures are introduced, but this reflex will disappear as your child gets use to a wider range of textures and eats it on a regular basis. Give them a chance to learn their bodies and what they are capable of.

When your baby starts to vomit during the meal and texture introduction, rather stop and mix in a bit of puree, or try again the next day. Should this persist for longer than 2 weeks, consult an occupational or speech therapist that specialises in food.

If there are signs that a baby might be sensitive to textures, not only with eating, but also while playing with different textures, advice should be sought from an occupational therapist or speech therapist sooner rather than later.

PLEASE CONSULT A HEALTHCARE PROFESSIONAL ABOUT INFANT FEEDING AND INTRODUCTION TO SOLIDS. Our range is developed with products that freeze well. There are additional food options to create more variety meals

### ♥ Dr Diana Inspiration ♥

“Eating great food is a journey best appreciated with people that understand it's importance. Don't just watch us eat ; Take a bite and join us!”

For more information on Dr Diana's book Please visit [www.dianaduplessis.co.za](http://www.dianaduplessis.co.za)

