



Your quick guide to Nutrient dense foods

Here is a reference guide to those absolute key nutrients and where you'll best find them for your weaning baby*

**This is aimed as a guide to key foods, not an exhaustive list.*



Iron - Aim to give iron-containing foods twice a day

Plant based iron sources will need to be paired with a vitamin C rich food to help iron absorption.



Red meat
Beef, lamb



Poultry
Chicken, turkey - especially darker meat around the bones



Fish
Salmon, sardines, haddock



Egg yolk



Fortified breakfast cereals



Pulses
Beans, lentils, soya beans, chickpeas



Wholegrains
Pasta, bread



Dark leafy vegetables
Spinach, kale, broccoli



Tofu



Dried fruit
Dates, apricots, raisins



Vitamin C



Fresh fruit
Oranges, mango, berries, pineapple



Dark leafy vegetables
Spinach, kale, broccoli



Raw vegetables
Red pepper, tomato, lettuce



Essential fatty acids (Omega-3)

Oily fish such as salmon should be given to your baby twice a week but no more for girl babies. Boy babies can have oily fish up to 4 times a week.



Oily fish
Salmon, mackerel, sardines



Seeds, freshly ground or oil
Flax, chia, linseed



Nuts, smooth butters (not whole or chopped nuts)
Walnut, almond



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Fats



Unrefined oil
Olive, avocado, rapeseed



Seeds



Red meat
Beef, lamb



Egg yolk



Soya beans



Nuts, smooth butters
(not whole or chopped nuts)



Avocado



Full fat dairy
Cow's milk, cheese, yoghurt



Poultry
Chicken, turkey



Carbohydrates



Potatoes, sweet potato



Bread
White, wholegrain



Pasta
White, wholegrain



Grains
Quinoa, bulgur wheat



Porridge & fortified breakfast cereals



Beans & pulses
Lentils, kidney beans, chickpeas, soya beans



Rice
White, wholegrain



Fruit
Banana, apple



Proteins



Red meat
Beef, lamb



Poultry
Chicken, turkey



Fish
Salmon, cod, haddock



Eggs
(Must have British Lion stamp)



Full fat dairy
Cow's milk, cheese, yoghurt



Beans & pulses
Lentils, chickpeas, soya



Tofu



Nuts, smooth butters
(not whole or chopped nuts)
Peanut, almond, cashew

