



Baby-led Weaning

For plant-based babies
9-12 months of age

Meal Sample

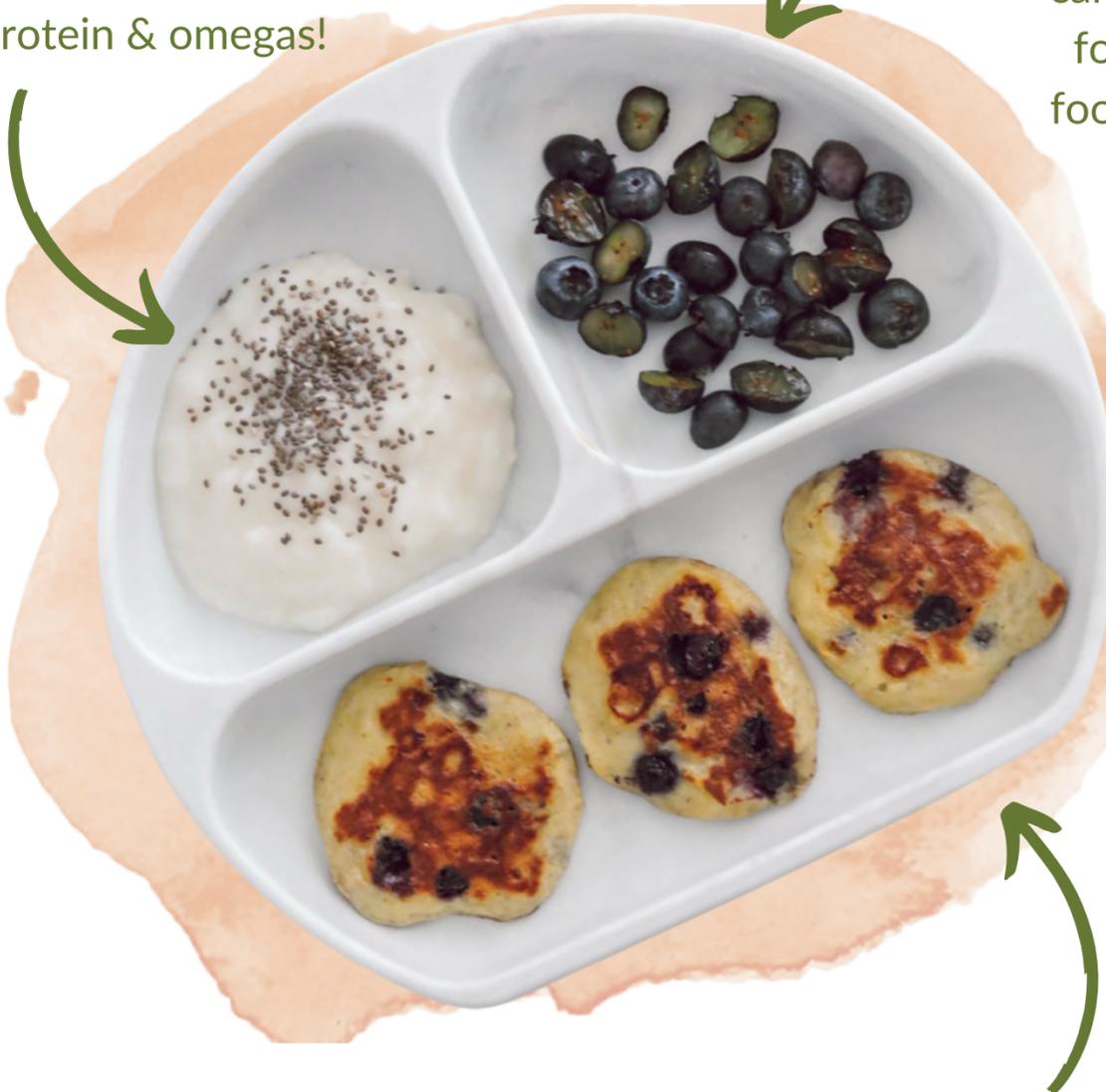
breakfast

TOFU & BANANA YOGURT

in a food processor mix 1/4 of a block of silken tofu with 1/2 a banana until a creamy consistency is obtained. Top with some hemp or chia seeds for added fiber, protein & omegas!

BLUEBERRIES

Foods in round shapes such as blueberries, grapes & cherry tomatoes can be a choking hazard for babies. Offer these foods by cutting them in half.



SIMPLE BANANA PANCAKES

in a food processor mix 1/2 ripe banana, 3/4 cups of oats, 1/2 cup unsweetened non-dairy milk, 1/4 tsp vanilla extract and a pinch of cinnamon. Once a batter consistency is obtained make small pancakes in a pan and add some chopped blueberries. Don't be afraid to use a little bit of unsalted vegan butter. Babies need fat for healthy brain development! Tip: Cut these pancakes into small strips or squares to make for easy baby-led feeding. This meal is high in copper, biotin, manganese, calcium, iron, copper, zinc, and protein too.

lunch

PEAS

MASHED WHITE BEANS

Mash up any variety of unsalted canned beans. Mix with a little bit of olive oil, garlic powder and lemon juice. Baby can eat this as refried beans or as a bean dip for an excellent source of iron, protein, fiber, magnesium, potassium and folate.

At around 9 months of age babies start developing their pincer grasp. It is important for babies to be exposed to foods where they can practice these motor skills. Peas are packed with vitamins C, A, E and zinc. They are also rich in protein and perfect for refining those fine motor skills!



TOFU MARINARA MEATBALLS

In a food processor, pulse 1/2 pack of firm tofu, 1 spring onion, 1 flax egg, 2 tbsp chickpea flour, 1 tsp unsalted tomato paste, 1 garlic clove, 1 tbsp avocado oil and 1 tbsp Italian herbs (basil, thyme, oregano, rosemary). Shape dough into small meatballs. Bake on a baking tray at 350 F for about 15 minutes. For the marinara sauce, mix 1 can unsalted tomato sauce with 2 tbsp of Italian herbs and 2 tsp garlic powder. These meatballs are packed with iron, potassium, calcium, magnesium, copper, and zinc.

dinner

ROASTED POTATOES

Season potatoes with some paprika, rosemary & a little bit of olive oil and roast until tender. Potatoes are excellent sources of potassium, magnesium, vitamin C, B6 and fiber.

DICED MANGO

Ripe, soft mango slices are the perfect source of vitamins C, A & K. Mango is also a good source of fiber, folate, copper and contains those natural fruit sugars that babies love!



CHICKPEA PATTIES

In a food processor, pulse together 2 tbsp panko breadcrumbs, 1/2 can of chickpeas, 1 green onion, 1 tsp dry dill, 1 tbsp lemon juice, 1 tbsp cooked peas, and 1/4 tsp cumin. Form the mixture into small patties and bake at 400 F for about 15-20 minutes until crispy.

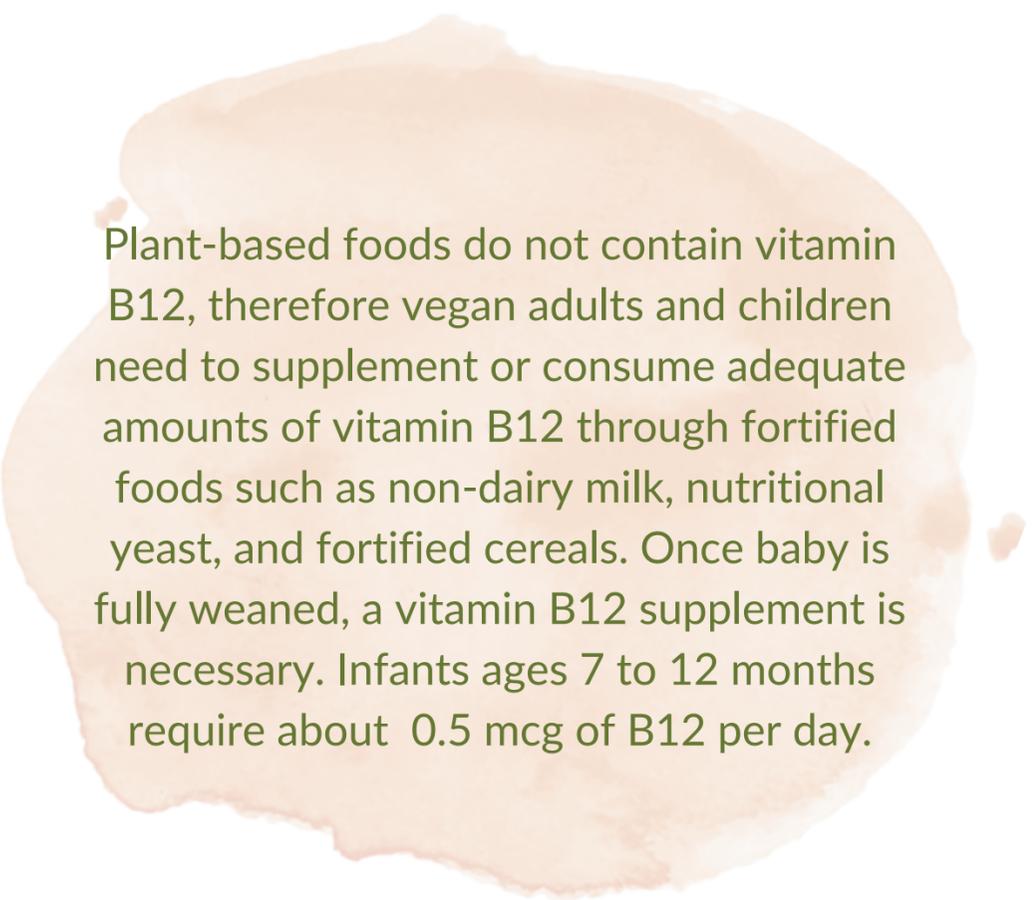
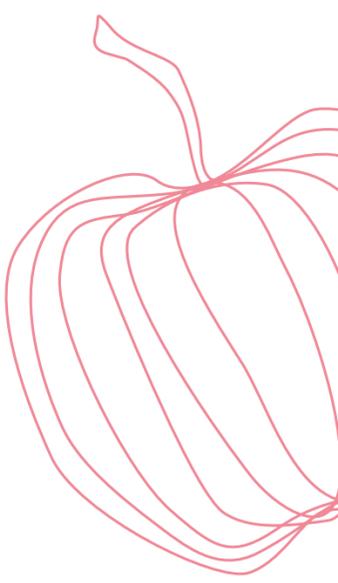
Tip: You can serve this to baby with a lemon tahini dressing by mixing 1 tbsp of tahini with a few drops of lemon juice. Chickpeas are high in iron, zinc, manganese, copper, folate, magnesium, thiamine. They are rich in protein and fiber as well!



Supplementation



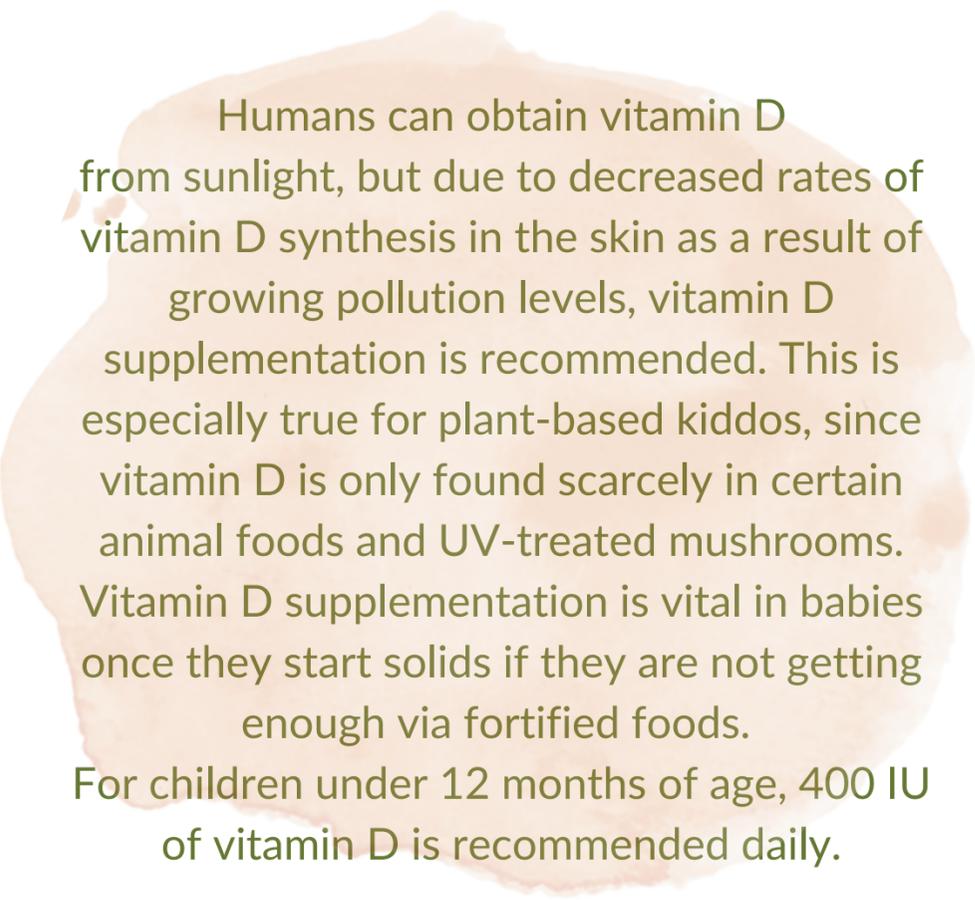
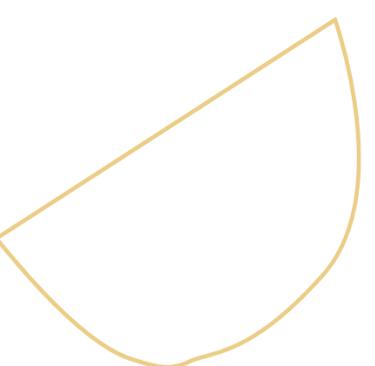
B12



Plant-based foods do not contain vitamin B12, therefore vegan adults and children need to supplement or consume adequate amounts of vitamin B12 through fortified foods such as non-dairy milk, nutritional yeast, and fortified cereals. Once baby is fully weaned, a vitamin B12 supplement is necessary. Infants ages 7 to 12 months require about 0.5 mcg of B12 per day.



Vitamin D



Humans can obtain vitamin D from sunlight, but due to decreased rates of vitamin D synthesis in the skin as a result of growing pollution levels, vitamin D supplementation is recommended. This is especially true for plant-based kiddos, since vitamin D is only found scarcely in certain animal foods and UV-treated mushrooms. Vitamin D supplementation is vital in babies once they start solids if they are not getting enough via fortified foods.

For children under 12 months of age, 400 IU of vitamin D is recommended daily.





Iron

Babies are usually born with sufficient iron stores to last them for the first 4-6 months of life. Around 6 months of age, these iron stores become depleted, and as a result 6 to 12-month-old babies need to consume about 11 mg of iron daily. If baby doesn't eat at least 2 servings of fortified cereal per day, an iron supplement may be warranted. After 12 months of age, iron needs decrease, and baby will likely get enough iron from plant-based foods.



omega 3's

Omega-3's plays a major role in babies' brain development and body composition. Plant-based food sources of essential fatty acids contain a form of omega 3's called ALA, the biological precursor to DHA & EPA, the active forms of omega 3's. Soy foods, flaxseeds, chia seeds, walnuts, hemp seeds and avocados are all great sources of ALA. In addition to these healthy nuts & seeds, if baby is still receiving breastmilk, Mom should supplement with 300mg DHA daily in order to ensure sufficient DHA levels are being passed to baby.

Reminder: Whole nuts are a choking hazard for this age group, so stick with smaller seeds or creamy nut & seed butters!

REMINDER:

Before 12 months of age, babies should avoid eating foods with added salt or sugars. Instead, season meals and snacks with spices like paprika, cumin, cinnamon, & herbs. Mashed bananas or date paste are other great options to add a touch of sweetness to meals, porridges & desserts.