



## Babavoeding – Die heel eerste spyskaart

Die bekendstelling aan aanvullende kosse (*vaste kosse en ander vloeistowwe as bors- of formulemelk*) is 'n belangrike mylpaal in jou baba se lewe. Ons weet nou dat die heel eerste spyskaart 'n lewenslange uitwerking het. Oor jare en kultuurgrense heen beveel verskillende mense verskillende voeding vir babas in hul eerste lewensjaar aan. Met hierdie nuttige pamflet wil ons jou help deur jou die jongste wetenskaplike aanbevelings oor 'n gesonde aanvullende dieet vir jou baba te bied. Daar word aanbeveel dat ma's hul babas verkieslik op ses maande begin speen, terwyl borsvoeding vir twee jaar moet voortduur.



## Wat beteken dit om jou baba te speen?

Wanneer babas gespeen word, gaan hulle geleidelik oor na 'n volledige volwasse dieet. Jou baba se bekendstelling aan kossoorte gedurende hierdie oorgang gebeur **saam met** bors- of formulemelkvoeding en is **nie** veronderstel om dit te vervang nie. Daarom word dit aanvullende kos genoem. Teen jou baba se eerste verjaardag behoort hy/sy reeds aan 'n verskeidenheid kossoorte gewoond te wees.

## Wenke en aanbevelings

- Dit is baie belangrik om te verseker dat aanvullende kosse higiënies voorberei en geberg word.
- Aanvullende kosse moet ook een-een aan jou baba bekend gestel word sodat jy enige kosallergieë en -intoleransie kan bepaal.
- Begin met graankos, pap met borsmelk, en groente- of vrugtepuree, en stel daarna 'n gemengde dieet in fyngemaakte vorm op die proef.
- Bekendstelling aan groente voor vrugte kan 'n groter liefde vir groente by jou baba kweek.
- Gee jou baba 'n verskeidenheid donkergroen blaargroente, heldergeel groente en kleurrike vrugte om te eet.
- Teen die ouderdom van ses maande kan jy jou baba suiwer vrugtesap begin gee (*verdun en beperk tot 115-170 ml per dag*).
- Jou baba het steeds 600 ml bors- of formulemelk per dag nodig. Beesmelk is 'n swak ysterbron en moenie voor eenjarige ouderdom ál wees wat jou baba drink nie.
- Klein hoeveelhede beesmelk en jogurt kan by aanvullende kosse bygevoeg word.
- Dit is **nie** nodig om tot op 'n sekere ouderdom vis, eiers en beesmelk wat in kosse en kosbereiding gebruik word, of kaas, jogurt, koring en ander graankosse met gluten te

vermy nie. Onlangse navorsing het bevind dat dit nie jou baba teen allergieë beskerm om hierdie kosse te vermy nie – slegs borsmelk kan dit doen.

- Moenie kossoorte onnodig uitsluit nie. Vra jou dokter om jou baba vir allergieë te toets om die uitsluiting van voedselgroepe te beperk. Moet liever nie sonder professionele hulp en advies voedselkeuses by jong kinders beperk nie.
- Dit is belangrik dat jou baba 'n voorliefde vir gesonde kos ontwikkel.
- Soms moet 'n mens nuwe kossoorte 'n paar keer vir jou baba aanbied (*tot 8-10 keer*) voordat die kleinding dit sal eet. Moenie moed opgee nie en maak seker dat jy jou baba 'n wye verskeidenheid vrugte en groente aanbied.
- Moenie jou baba dwing om te eet of te veel kos voer nie.
- Maaltye moet min geraffineerde suiker, vet en versadigde vette bevat.
- Net wanneer dit werklik nodig is, kan jy 'n knippie sout byvoeg wanneer jy kos voorberei. Vermoed geprosesseerde vleis (*soos polonies en boeliebief*) en soet kosse. As jy baie sout en soet kosse aanbied, sal jou baba die smake leer ken en daarvan begin hou.
- Blikkievis of omega 3-verrykte melk of eiers is 'n uitstekende bron van omega 3-vetsure, wat belangrik is vir breinontwikkeling. Sluit dit twee tot drie keer per week by jou baba se dieet in.
- Eiers (*die geel én die wit*) is 'n bekostigbare, gesonde proteïenryke kos, wat belangrike voedingstowwe vir breinontwikkeling bevat.
- Babas het nie enige vitamien- of mineraalaanvullings nodig indien hulle gesond is, en 'n verskeidenheid kossoorte eet, terselfdertyd geborsvoed word, formulemelk kry en/of verrykte babapap eet nie.
- Babakosprodukte wat in die winkels te kry is, is nie beter as enige tuisgemaakte maaltye nie. Hierdie produkte behoort bloot as alternatief en vir geriefsoeinde (*soos wanneer jy reis*) gebruik te word.



## Hoeveel kos het 'n baba nodig?

**6 tot 8 maande:** Begin met twee tot vier maaltye per dag.  
**9 tot 11 maande:** Vermeerder dit na drie tot vier maaltye per dag.  
**12 tot 24 maande:** Drie tot vier maaltye per dag, met bykomende gesonde peuselhappies (*soos 'n stukkie vrug of brood*) een tot twee keer per dag, soos nodig. Peuselhappies is kos wat tussen maaltye geëet kan word en wat kinders gewoonlik self kan eet, en wat gerieflik en maklik is om voor te berei. Teen die ouderdom van agt maande kan die meeste babas ook 'vingerhappies' eet (*peuselhappies wat hulle sonder ma se hulp kan eet*). Teen 12 maande kan die meeste kinders die selfde kossoorte as die res van die gesin eet. Vermoed kos in 'n vorm waaraan jou baba kan verstik (*soos heel neut, druiwekorrels of rou wortels, hetsy heel of in stukkes*).

Sien tabelle op keersy vir voorbeelde van spyskaarte vir hoofmaaltye wat ongeveer 'n derde of die helfte van babas se vereiste daaglikse aanvullende kosse voorsien. Dit moet daagliks saam met twee ander maaltye gegee word, waarvan een 'n yster- en vitamien-verrykte graankos moet wees (*Suid-Afrikaanse mieliemeel is ook verryk*). Die tabelle dui duidelik die verskil in vastheid van die maaltye aan.

### Babas 6-8 maande

|                                                  |       |
|--------------------------------------------------|-------|
| <b>Patats en vis</b>                             |       |
| Patats, opgekook, sonder skil, verwerk tot puree | 60 g  |
| Vars, gaar vis, verwerk tot puree                | 15 g  |
| Sonneblomolie                                    | 2,5 g |

|                                   |       |
|-----------------------------------|-------|
| <b>Wortels en beesvleis</b>       |       |
| Gaar wortelpuree                  | 60 g  |
| Stowebeesvleis, verwerk tot puree | 15 g  |
| Sonneblomolie                     | 2,5 g |

|                                            |      |
|--------------------------------------------|------|
| <b>Spinasie en kaas</b>                    |      |
| Kapokaartappels                            | 50 g |
| Spinasie, gaargemaak en verwerk tot puree  | 30 g |
| Fyngerasperde kaas (mozzarella of cheddar) | 15 g |

|                                                        |       |
|--------------------------------------------------------|-------|
| <b>Hoender en broccoli</b>                             |       |
| Wit vleis van hoender, gaargemaak en verwerk tot puree | 15 g  |
| Broccoli, gaargemaak en verwerk tot puree              | 30 g  |
| Aartappel of patat, gaar- en fyngemaak                 | 30 g  |
| Sonneblomolie                                          | 2,5 g |

|                                                                       |       |
|-----------------------------------------------------------------------|-------|
| <b>Pampoen en boontjies</b>                                           |       |
| Pampoen, opgekook en fyngemaak tot puree                              | 60 g  |
| Droë wit nierboontjies of kekerertjies, gekook en fyngemaak tot puree | 15 g  |
| Sonneblomolie                                                         | 2,5 g |

#### Voorgestelde peuselhappies

Vrugtepuree  
Jogurt, glad, vrugtegeur (*verkieslik volroom of lae vet*)  
Geskikte babakos wat in die winkels te kry is  
Babapap



Vir meer inligting oor gesonde lewenstyl, skakel gerus die  
**Nutrition Information Centre Stellenbosch University (Nicus)**  
by **021 933 1408** of stuur 'n e-pos aan **nicus@sun.ac.za**

### Babas 9-11 maande

|                                     |       |
|-------------------------------------|-------|
| <b>Vis-en-pastagereg met patats</b> |       |
| Patats, opgekook, sonder skil       | 60 g  |
| Visgereg met groente                | 45 g  |
| Macaroni, gaar                      | 45 g  |
| Sonneblomolie                       | 2,5 g |

|                                                                                |       |
|--------------------------------------------------------------------------------|-------|
| <b>Herderspastei (<i>met beesvleis</i>) en wortels</b>                         |       |
| Herderspastei ( <i>tradisionele resepte met maalvleis en kapokaartappels</i> ) | 60 g  |
| Opgekookte, fyngemaakte wortels                                                | 60 g  |
| Sonneblomolie                                                                  | 2,5 g |

|                                                  |      |
|--------------------------------------------------|------|
| <b>Broccoli-kaasgebak</b>                        |      |
| Kapokaartappels                                  | 60 g |
| Opgekookte, fyngekapte spinasie                  | 60 g |
| Witsous                                          | 20 g |
| Gerasperde kaas ( <i>mozzarella of cheddar</i> ) | 15 g |

|                                                                   |       |
|-------------------------------------------------------------------|-------|
| <b>Romerige broccoli en hoender</b>                               |       |
| Wit vleis van hoender, gaargemaak tot sag en sappig, en fyn gesny | 30 g  |
| Broccoli, opgekook en fyngedruk met 'n vurk                       | 45 g  |
| Aartappel of patat, geskil, gekook en fyngedruk met 'n vurk       | 45 g  |
| Gladde volroommaaskaas                                            | 10 g  |
| Sonneblomolie                                                     | 2,5 g |

|                                                                 |      |
|-----------------------------------------------------------------|------|
| <b>Boontjieereg</b>                                             |      |
| Pampoen, opgekook                                               | 60 g |
| Droë boontjies of kekerertjies, gekook en fyngedruk met 'n vurk | 30 g |
| Tamatie-en-ui-stowe                                             | 15 g |
| Gaar rys                                                        | 45 g |

#### Voorgestelde peuselhappies

Vrugte, geskil, gestowe en fyngedruk of -gekap  
Jogurt, vrugtegeur (*verkieslik volroom of lae vet*)  
Babapap  
Ouderdomsgeskikte babakos wat in die winkels te kry is  
Stukkies gaar groente, soos groenbone, blomkool en wortel

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# Infant Feeding



## Infant Feeding – The very first menu

Introducing complementary foods (*solid foods and liquids other than Breast Milk or infant formula*) is an important milestone in your baby's life. We now know that the very first menu has a lifelong effect. Recommendations for infant feeding during the first year of life have varied over time and across cultures. This helpful leaflet will help and guide you with the latest scientific recommendations on a healthy complementary diet. According to recommendations, ideally, infants should begin weaning at six months, while breastfeeding should continue for two years.



## What is weaning?

Weaning is the process of gradually letting your baby become accustomed to a full adult diet. The introduction of weaning foods (*also called complementary foods*) is **in addition** to Breast Milk or infant formula, and **does not** serve as a replacement for either. By the end of their first year your baby should be accustomed to eating a variety of foods

## Tips and recommendations

- It is very important to make sure that complementary foods are hygienically prepared and stored.
- Complementary foods should be introduced one at a time to identify allergies and intolerances.
- Start with cereals, porridge with Breast Milk, puréed vegetables or fruit and then move on to a mixed diet in mashed form.
- Introducing vegetables before fruits may increase vegetable acceptance.
- Offer a wide variety of dark green, leafy and deep yellow vegetables and colourful fruits.
- Pure fruit juices (*diluted and limited to 115-170 ml/day*) may be introduced into the diet after six months of age.
- Your baby still needs about 600 ml of Breast Milk or infant formula per day. Cow's milk is a poor source of iron and should not be the predominant drink before 1 year.
- Small volumes of cow's milk and yogurt may be added to complementary foods.
- You do **not** need to avoid fish, eggs, and cow's milk used in foods and cooking or cheese, yoghurt, wheat and other gluten-containing cereals until a specific age. Recent

research proved that avoidance of these foods will not protect your baby against allergies – only Breast Milk can protect against allergies.

- Do not exclude foods unnecessary. Ask your doctor to test for allergies to avoid restriction of food groups. It is unwise to restrict food choices among young children without professional help and advice.
- It is important that your baby develops a taste for healthy foods.
- New foods sometimes need to be offered several times (*up to 8-10 times*) before your baby will eat it. Do not give up and ensure that you offer a wide variety of fruit and vegetables.
- Avoid force feeding and overfeeding.
- Meals should be low in refined sugar, fat and saturated fat.
- Only add a pinch of salt when you cook food if really necessary. Avoid processed meats (*e.g. polony and bully beef*) and sweet food. If you introduce salty and sweet foods, your baby will develop a taste for these foods.
- Tinned fish or omega 3 enriched milk or eggs are excellent sources of omega 3 fatty acids that are important for brain development. Include these 2-3 times per week.
- Eggs (*egg yolk and egg whites*) are an affordable healthy protein food that contains important nutrients for brain development.
- Babies do not need vitamin and mineral supplementation provided they are healthy, eating a variety of foods, are being breastfed, fed infant formula and/or eat enriched breakfast cereal.
- Commercial infant feeding products are not better than home prepared meals. These should merely be used as alternatives and for convenience purposes (*such as when travelling*).



## How much food does a baby need?

**6 – 8 months:** Start with two to four meals per day.

**9 – 11 months:** Increase to three to four meal times per day.

**12 – 24 months:** three to four meal times per day with additional nutritious snacks (*such as a piece of fruit or bread*) offered 1-2 times per day, as desired. Snacks are defined as foods eaten between meals usually self-fed, convenient and easy to prepare.

By 8 months most infants can also eat "fingerfoods" (*snacks that can be eaten by children alone*). By 12 months, most children can eat the same types of foods as consumed by the rest of the family. Avoid foods in a form that may cause choking (*such as whole nuts, whole grapes or raw carrots, whole or in pieces*).

Refer to the table on the next page for examples of menus for main meals to provide about one third to a half of daily complementary food needs for babies. This is to be served with two other daily meals of which one should be an iron and vitamin enriched cereal (*South African maize meal is also fortified*). The tables clearly shows the differences in the consistency of the meals.

### Babies 6-8 months

|                                           |       |
|-------------------------------------------|-------|
| <b>Sweet potato and fish</b>              |       |
| Sweet potato, boiled without skin, pureed | 60 g  |
| Fish, fresh, cooked and pureed            | 15 g  |
| Sunflower oil                             | 2,5 g |

|                         |       |
|-------------------------|-------|
| <b>Carrots and beef</b> |       |
| Pureed cooked carrot    | 60 g  |
| Pureed braised beef     | 15 g  |
| Sunflower oil           | 2,5 g |

|                                                       |      |
|-------------------------------------------------------|------|
| <b>Spinach and cheese</b>                             |      |
| Mashed potato                                         | 50 g |
| Spinach cooked and pureed                             | 30 g |
| Cheese ( <i>mozzarella or cheddar</i> ) finely grated | 15 g |

|                                           |       |
|-------------------------------------------|-------|
| <b>Chicken and broccoli</b>               |       |
| Chicken, white meat cooked and pureed     | 15 g  |
| Broccoli, cooked and pureed               | 30 g  |
| Potato or sweet potato, cooked and mashed | 30 g  |
| Sunflower oil                             | 2,5 g |

|                                                            |      |
|------------------------------------------------------------|------|
| <b>Pumpkin and beans</b>                                   |      |
| Pumpkin, boiled and pureed                                 | 60 g |
| Beans, white kidney or chickpeas, dried, cooked and pureed | 15 g |
| Sunflower oil                                              | 2,5g |

#### Suggested Snacks

|                                                                    |
|--------------------------------------------------------------------|
| Pureed fruit                                                       |
| Yoghurt, smooth, fruit ( <i>preferably whole milk or low fat</i> ) |
| Suitable commercial baby foods                                     |
| Infant cereal                                                      |



For more information on healthy living kindly contact  
**Nutrition Information Centre Stellenbosch University (Nicus)**  
on **021 933 1408** or send an email to [nicus@sun.ac.za](mailto:nicus@sun.ac.za)

### Babies 9-11 months

|                                                   |       |
|---------------------------------------------------|-------|
| <b>Fish and pasta casserole with sweet potato</b> |       |
| Sweet potato, boiled without skin                 | 60 g  |
| Fish casserole with vegetables                    | 45 g  |
| Macaroni cooked                                   | 45 g  |
| Sunflower oil                                     | 2,5 g |

|                                                                        |       |
|------------------------------------------------------------------------|-------|
| <b>Beef cottage pie with carrots</b>                                   |       |
| Cottage pie ( <i>traditional recipe with mince and mashed potato</i> ) | 60 g  |
| Boiled mashed carrots                                                  | 60 g  |
| Sunflower oil                                                          | 2,5 g |

|                                                |      |
|------------------------------------------------|------|
| <b>Broccoli cheese bake</b>                    |      |
| Mashed potato                                  | 60 g |
| Finely chopped boiled spinach                  | 60 g |
| White sauce                                    | 20 g |
| Cheese ( <i>mozzarella or cheddar</i> ) grated | 15 g |

|                                                                    |       |
|--------------------------------------------------------------------|-------|
| <b>Creamed broccoli and chicken</b>                                |       |
| Chicken, white meat cooked soft and moist, cut finely              | 30 g  |
| Broccoli, boiled and mashed with a fork                            | 45 g  |
| Potato or sweet potato without skin, cooked and mashed with a fork | 45 g  |
| Full cream smooth cottage cheese                                   | 10 g  |
| Sunflower oil                                                      | 2,5 g |

|                                                        |      |
|--------------------------------------------------------|------|
| <b>Bean casserole</b>                                  |      |
| Pumpkin, boiled                                        | 60 g |
| Dried beans or chickpeas cooked and mashed with a fork | 30 g |
| Tomato and onion, Stewed                               | 15 g |
| Rice cooked                                            | 45 g |

#### Suggested Snacks

|                                                                          |
|--------------------------------------------------------------------------|
| Fruit, peeled, stewed, mashed or chopped                                 |
| Yoghurt, fruit ( <i>preferably whole milk or low fat</i> )               |
| Infant cereal                                                            |
| Age appropriate commercial baby foods                                    |
| Pieces of cooked vegetables, such as green beans, cauliflower and carrot |

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# Babavoeding