

## Portion sizes

As a general rule we use a baby or child's fist to represent a portion size, as this grows with your child and will be a good visual clue to how much is enough.

## Foods to avoid

We don't recommend adding salt or sugar to baby's food. Try using stock cubes and gravy which are low salt. Honey in under one-year-olds should be avoided. It could lead to a severe type of food poisoning. For similar reasons, we don't recommend unpasteurized cheeses or lightly cooked shellfish like prawns, mussels, and clams. Swordfish, shark, and marlin can contain higher levels of mercury. This could affect how your baby develops their nervous system which controls how they think, feel emotions and learn to speak.

Whole nuts and peanuts when not ground or chopped up can cause a choking hazard to children. So wait till they're over five years old to give as a snack.

## Vitamins

Breastfed babies need vitamin D from birth until they're five years old. This is whether or not you're taking a supplement containing vitamin D yourself. Formula fed babies need a combination of A, C, and D vitamins once they reach six months old. First stage formula milk has these vitamins added to it. And if your baby has more than 500 millilitres, or a pint, a day they will not need any additional supplements.