

—The—

First 1000 Days

recipe book

all the ingredients you need

Recipes supplied by
Neven Maguire and Irish Dietitians



nutrition now, matters forever



nutrition now, matters forever

Welcome to The First 1000 Days

The First 1000 Days begins at the moment of conception and carries on through to a baby's second birthday.

The nutrition a baby receives in the First 1000 Days of their life will determine their health, cognitive abilities and physical development for the rest of their lives.

It is an absolutely critical window of opportunity. If mum, and those around her, focus on good nutrition during the First 1000 Days of a child's life, from the start of pregnancy through to the age of 2. They can make the greatest, most positive impact on their child's health and well-being for the rest of their lives.

Good nutrition during pregnancy, exclusive breastfeeding for the first 6 months of life and appropriate weaning practices, combined with a balanced toddler diet, can all provide the building blocks for optimum physical and cognitive development.

It is incredibly important that mothers, fathers and all those involved in the health and well-being of mums and babies are made aware of the critical role of nutrition during the First 1000 Days of life.

The First 1000 Days is a movement that we, as a society, must engage with immediately, providing the best nutrition now, so that we improve the lives of all of our children, forever.

Nutrition Now, Matters Forever.



The First 1000 Days offers a unique opportunity to shape a baby's future health and helps prevent certain diseases. As the leading infant nutrition company in Ireland, with research and education at the heart of everything we do, we believe that we have a responsibility in helping to ensure that everyone is aware of the importance of good nutrition early in life.

As part of a range of activities, we have developed this recipe book packed full of tasty and nutritious recipes with the help of award-winning Chef Neven Maguire and leading Irish dietitians. We know this will be a valuable resource for parents who are seeking to make the right nutrition choices for their babies in the First 1000 Days.

I hope you enjoy it.

**Donal Courtney,
Managing Director**

Danone Baby Nutrition



Every parent, throughout the world, wishes their child a healthy, happy and fulfilling life. The key to achieving this lies in providing optimal nutrition during the First 1000 Days - from pregnancy to the end of the 2nd year of life. This short timeframe offers a unique window of opportunity to shape healthier futures by having a profound impact on the child's ability to grow and develop and improve educational achievement and earning potential. It can therefore help to develop a society's long term stability and prosperity by providing lifelong health and well-being. It also helps reduce the risk of developing various chronic diseases in later life which have considerable economic costs.

Scientists, economists and health experts agree that improving nutrition during the critical 1000 day window is one of the best investments we can make to achieve a healthier population. International studies consistently show a positive link between what a mother eats during pregnancy, and what her infant is fed during the sensitive early years, with both short and long term health outcomes.

Solutions to improve the nutritional status in this unique window are readily available, affordable and cost-effective. These include ensuring mothers enter pregnancy well-nourished, are provided with knowledge of what to eat during these precious nine months, and promoting good nutritional practices including breastfeeding and healthy weaning foods for infants and toddlers.

This book is filled with helpful advice and easy recipes to try. I hope you will find it valuable for the vital First 1000 Days and beyond.

**Ita Saul,
Paediatric Dietitian**



As an Irish chef, I believe that one of life's simple pleasures is sharing great food with our families. As a father with a young family, I feel it's never too early to extend this pleasure to our children. I've always been aware of the importance of nutrition but since learning more about the First 1000 Days, I truly understand how important nutrition is, especially at this formative time of life.

As a dad, I get huge satisfaction from watching the twins' tastes evolve. It is so important that children are exposed to a wide range of foods at an early age, so that their taste buds develop in a healthy way. My wife, Amelda, and I know how hard it can be for families with young children to consistently provide the best nutrition. Given the many demands on parents' time, it is sometimes tempting to take the easy option. However, providing optimum nutrition throughout the First 1000 Days doesn't have to be difficult.

Your First 1000 Days Recipe Book contains lots of simple, delicious and nutritious recipes made with the best of Irish ingredients. They offer an easy way to provide healthy nutrition for all of your family, right from the start. I hope you enjoy them as much as our family has.

Neven Maguire

Head Chef / Owner of
MacNean House & Restaurant,
Blacklion, Co. Cavan.

HAPPY COOKING ENJOY!

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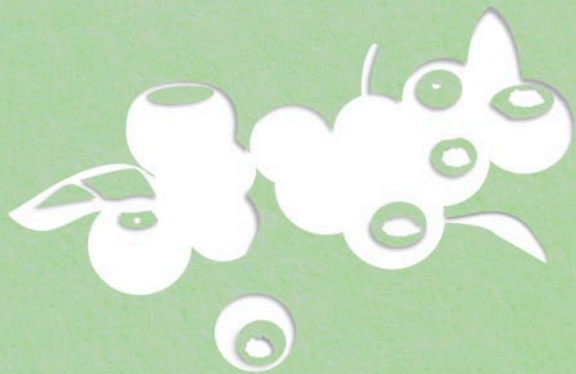


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pregnancy

From Pregnancy to Birth



In the First 1000 Days, your diet during pregnancy programmes your baby's health forever.

Everyone knows you need to make changes to your diet and lifestyle during pregnancy but do you know why? What you choose to eat and drink while pregnant will have a huge effect on your baby before they're born and will have lifelong effects on their health.

In fact, many common illnesses affecting Irish adults can be linked back to nutrition in the womb. Eating a varied diet rich in key nutrients will ensure that your baby's physical and mental development will be the best it can possibly be - protecting them from heart disease, obesity, type 2 diabetes and high blood pressure when they grow up.

Remember, the food you eat and drink now, will matter to your baby's health forever.

For more info. visit www.first1000days.ie

SIMPLE TIPS

Maintain a Healthy Weight before and during pregnancy. An average weight gain during the 9 months of pregnancy is between 25-35lbs (11.5-16kg). If you are overweight, you should put on a little less weight while pregnant. Being overweight puts you at a greater risk of getting diabetes or high blood pressure during your pregnancy. It can also put your baby at risk of obesity and type 2 diabetes when they grow up. So eat a range of healthy, fresh foods to support your growing bump!

FOLIC ACID

is the most important nutrient to include pre-conception and for the first 12 weeks of pregnancy. This B-vitamin prevents spina bifida, so be sure to take a 400µg folic acid supplement for the first 12 weeks, boosting your diet further with green leafy vegetables, as well as foods fortified with folic acid such as some milks and breakfast cereals.

IRON

is a key nutrient for your baby's brain development and it is also important for your increased blood volumes during pregnancy. You should aim to eat iron-rich foods twice a day during your pregnancy. Iron-rich foods include: red meat, chicken, eggs, beans and green leafy vegetables.

CALCIUM

is essential for the development of your baby's skeleton and to keep your own bones healthy and strong. The best source of calcium is from milk and milk-based products such as yoghurt and cheese. Other sources of calcium include spinach, tinned fish (with bones mashed in), beans and seeds.

VITAMIN D

helps your body to absorb calcium and builds your baby's stores of vitamin D too, so include foods such as oily fish, eggs or fortified milks in your diet.

OMEGA-3

fatty acids are important for your baby's brain, eye and nervous system development. Try to include oily fish in your diet once or twice a week, such as salmon, mackerel, trout or herring. Other sources of omega-3 fats include seeds like pumpkin or sesame.

simple swaps

Instead of...

Choose...

Why?

Skipping breakfast

Porridge / High fibre cereal with low fat milk

Skipping breakfast will leave you feeling sluggish. You need energy for you and your baby. High fibre foods deliver slow-release energy and keep you feeling fuller for longer.

An 11am Danish

A wholemeal brown scone with sliced banana

Pastries contain a lot of fat and are low in nutritional value. This healthy option contains fibre and 1 of your '5 a day'.

A deli-bought white roll with ham and coleslaw

Make your own wholemeal roll packed with salad and some lean turkey or chicken.

Deli portions can be too big - one white roll can equal 4 slices of bread. Pre-prepared salads can also be high in fat - your homemade version will be healthier.

Instead of...

Choose...

Why?

A can of fizzy drink

A glass of fresh water

Fizzy drinks are full of 'empty calories' and while pregnant can cause surges in your baby's blood sugar levels. Drink lots of fresh water to keep well hydrated.

A mid-afternoon chocolate bar

Chopped fresh fruit with natural yoghurt

You and your baby will benefit from this healthy snack with calcium for bones and essential nutrients for your growing baby.

Breaded white fish for dinner

Baked salmon fillet

Choosing salmon instead of white fish will give you and your baby a boost of essential fish oils. Fresh white fish is also a good choice but choose the unbreaded varieties as they are lower in salt.



Salmon asparagus Wraps

"There is something about the Irish palate that loves salmon. It is rich in omega-3, readily available, and very good value. In this recipe I sometimes use monkfish or sea trout instead." **Neven Maguire, Chef and father**

Serves 6

ingredients

Wraps:

18 asparagus spears, trimmed
6 (175g/6oz) organic salmon fillets, skinned and pin-boned (Clare Island)
1 packet of fresh dill, stalks removed
70g parma ham or lean streaky bacon
Juice of 1/2 a lemon
1 tsp butter

Sun-Dried Tomato Vinaigrette:

12 semi sun-dried tomatoes in oil, roughly chopped
200ml rapeseed oil
1 tsp lemon juice
1 pinch chilli powder
1tsp tomato purée
3 basil leaves
Season with pepper

Tip!
Ask your local fishmonger to remove all the bones

method

- 1 Boil the asparagus for 1 minute. Drain and rinse under cold water.
- 2 Place the salmon fillet on a board and season with pepper.
- 3 Arrange the asparagus and dill on top of the salmon fillets.
- 4 Lightly wrap each fillet in the parma ham or streaky bacon to secure. Brush over the vinaigrette and lemon juice.
- 5 Heat 1 teaspoon of butter with 1 teaspoon of rapeseed oil. When the butter is foaming add the salmon wraps.
- 6 Fry gently for 2 minutes on each side, finish in oven Gas 5/190°C for 10 minutes until golden brown.
- 7 Turn once during cooking.

Vinaigrette:

Blend together all the ingredients in a food processor for about 1 minute or until it forms a fairly smooth texture. Season to taste.

To Serve:

Drizzle the vinaigrette in the centre of the plate and gently place the salmon wraps on top. Serve with wild rocket, garnish with chives.



Nutrition Information per serving
Energy: 481 kcal
Protein: 41g
Carbohydrate: 2g
Fat: 34g
High in Omega-3
Vitamin D and Folate
Source of Iron

Beef with Creamed Potato

“A great dish for the expectant family as it can be made in advance and reheated later or the following day” **Michelle Skelly, Dietitian, Laois.**

Serves 5

ingredients

Beef Stew:

1/2 onion, chopped
2 tps rapeseed oil
0.5kg lean round steak, diced
1 tbsp flour
3 carrots, sliced
4 celery stalks, chopped
50g button mushrooms
200g tin of chopped tomatos
in tomato juice

Creamed Potato:

1kg Maris Piper/ King Edward
potatoes, peeled and diced
3 tbsps rapeseed oil
150ml/ 1/4 pint milk
Pinch of grated nutmeg
Ground black pepper
1 tbsp fresh parsley chopped

Tip!
Use a low fat fortified milk
to boost your vitamin D and
folic acid intake.

method

Stew:

- 1 Preheat oven to Gas 4/ 180°C/
350°F.
- 2 In an ovenproof dish gently sauté
(on the hob) the onions in oil until
they are transparent, but not brown.
- 3 Toss the beef in flour and brown in
the same pot on the hob, frying in
batches.
- 4 Add the remaining ingredients to
the pot of onions and beef.
- 5 Add pepper and just enough water
to cover.
- 6 Cover with a lid and bake for 1 hour
until cooked thoroughly.

Creamed Potatoes:

- 1 Boil the potatoes for 10-15 minutes.
- 2 Drain away all of the water and
mash well.
- 3 With a wooden spoon, beat the oil
into the potato with just enough
of the milk to make a smooth thick
puree.
- 4 Flavour with nutmeg, pepper and
parsley to taste.



Nutrition Information
per serving
Energy: 418 kcal
Protein: 28g
Carbohydrate: 45g
Fat: 15g
High in Fibre and
Vitamin C
Source of Iron,
Omega-3 and Folate

Chicken Tikka

“A simple way to spice up chicken.” **Michelle Gray, Dietitian,**
Danone Baby Nutrition

Serves 4

ingredients

400g chicken breasts
150g low fat plain yoghurt
1 tbsp tikka curry powder
1 tbsp fresh lemon juice
1 garlic clove, crushed
250g basmati rice
2 tps rapeseed oil
1/2 red pepper, chopped
1/2 green pepper, chopped
1 fresh chilli, chopped and deseeded
1 red onion
15g sultanas

method

- 1 Mix the chicken with the yoghurt, tikka curry powder, lemon juice and garlic.
- 2 Leave to marinate for 20 minutes.
- 3 Heat the oil in a large saucepan, add the chicken and its marinade and stir fry for 10 minutes, until the chicken is cooked through.
- 4 Meanwhile, cook the basmati rice for 12 minutes.
- 5 Add the peppers, chilli and onion, and cook for a further 5 minutes.
- 6 Mix the sultanas into the pan and serve the dish over rice.

A great substitute for Indian takeaway but don't forget to wear gloves when preparing the chilli!

Nutrition Information
per serving
Energy: 463 kcal
Protein: 41g
Carbohydrate: 63g
Fat: 5g
High in Vitamin C
Source of Iron
Fibre and Folate



Healthy fish Pie

“Who says comfort food can’t be healthy?!” **Ellen Roche, Dietitian, Kilkenny**

Serves 5

ingredients

400mls low fat milk
900g potatoes
60g broccoli
85g sweetcorn
58g frozen peas
4 sprigs fresh parsley
300g salmon, raw
300g cod, raw
1 tbsp cornflour
1 vegetable stock cube
1 small onion
25g butter

method

- 1 Preheat the oven to Gas 4/ 180°C. Boil a large pot of water and cook potatoes until soft, for approx. 15 minutes.
- 2 Take the frozen vegetables out of the freezer. While the potatoes are cooking, simmer one cup of the milk in a large pot.
- 3 Add onion, season with pepper and add the stock cube.
- 4 Cut the fish into 6 pieces, add to the milk mixture and cook on the low heat for about 10 minutes until the fish flakes with a fork.
- 5 Remove the fish from the pot (retain this pot and liquid) and place in an 8 x 8 inch ovenproof dish.
- 6 Divide the fish into smaller chunks.
- 7 Sprinkle parsley over the fish and then add the raw or frozen vegetables.
- 8 Add the cornflour, butter and 1/2 cup of milk to the pan in which the fish was cooked. Stir frequently with a whisk and cook on the hob on a low-medium heat for approx. 2-3 minutes until thickened.
- 9 Pour the sauce over fish and vegetables.
- 10 Drain water from potatoes then add 1/2 cup of milk and butter and mash until smooth.
- 11 Spread the mashed potato on top of the fish and bake in the oven for 20 minutes until the vegetables are cooked.

Tip:
This is a great way to incorporate fish in your diet if you're not a fish lover! It provides a great source of omega-3 and vitamin D, essential during pregnancy.



Nutrition Information
per serving
Energy: 406kcal
Protein: 31g
Carbohydrate: 43g
Fat: 13g
High in Omega-3,
Vitamin C, Vitamin D
and Folate
Source of Fibre and
Calcium



Puy Lentil Shepherd's Pie

"This is my modern version of a standard comfort food. Perfect for a cold winter's evening." **Paula Mee, Dietitian, Dublin**

Serves 4

ingredients

Filling:

1 tbsp of rapeseed oil
1 onion, finely chopped
2 sticks of celery, finely chopped
3 carrots, peeled and diced
1 garlic clove, crushed
1 tbsp of tomato purée
Large pinch of sugar
400g tin of chopped tomatoes
Bay leaf
1 tsp of paprika
200g of puy lentils
500ml of vegetable stock

Mash:

800g of sweet potato, peeled and cut into large chunks
Freshly grated nutmeg
1 tbsp grated parmesan
Handful of fresh chives

method

- 1 Heat the oil in a saucepan and gently cook the onion, celery, carrots and garlic until they soften.
- 2 Add the tomatoes, tomato purée, sugar, bay leaf, paprika, lentils and stock, stir and simmer gently for 20 to 25 minutes. You may need to add more water as lentils soak up a lot of liquid.
- 3 **Don't add salt until after cooking as it will toughen the lentils.**
- 4 Meanwhile, simmer the sweet potato chunks in salted water for approx. 15 minutes, until soft.
- 5 Drain the sweet potatoes and mash with parmesan, nutmeg, chives and pepper.
- 6 Add salt (optional) and pepper to the lentils and spoon into a large pie dish (approx. 28 x 20 x 5cm).
- 7 Spoon the mash over the top and use a fork to smooth over.
- 8 Bake in the oven for 20 minutes at Gas 4/ 180°C, allow to cool a little before serving.

An iron-rich dish which is especially important for vegetarians during pregnancy.



Nutrition Information per serving
Energy: 428 kcals
Protein: 18g
Carbohydrates: 80g
Fat: 7g
High in Iron, Vitamin C, Fibre and Folate
Source of Omega-3 and Calcium



Moroccan Lamb with Apricots, Almonds and Mint

"I'm one of eleven and I'd give my mum a Michelin Star for her ability to create great tasting family meals like this one. Still one of my personal favourites". **Paula Mee, Dietitian, Dublin**

Serves 7

ingredients

2 tbsp olive oil
550g lean lamb, cubed
1 onion, chopped
2 garlic cloves, crushed
700ml lamb or chicken stock
Grated zest and juice of 1 orange
1 cinnamon stick
1 tsp honey
175g ready-to-eat dried apricots
3 tbsp chopped fresh mint
25g ground almonds
25g toasted flaked almonds
Steamed broccoli and couscous to serve

method

- 1 Heat the oil in a large dish. Add the lamb and cook over a medium-high heat for 3-4 minutes until evenly browned, stirring often.
- 2 Remove the lamb to a plate, using a slotted spoon.
- 3 Stir the onion and garlic into the dish and cook gently for 5 minutes until softened.
- 4 Return the lamb to the casserole dish. Add the stock, zest and juice, cinnamon, honey, salt and pepper.
- 5 Bring to the boil then reduce the heat, cover and cook gently for 1 hour.
- 6 Add the apricots and 2/3 of the mint and cook for 30 minutes until the lamb is tender.
- 7 Stir in the ground almonds to thicken the sauce.
- 8 Scatter the remaining mint and toasted almonds over the top.
- 9 Serve with couscous and steamed broccoli.

For a variant of this swap the couscous for wholegrain rice



Nutrition Information
per serving
Energy: 609 kcal
Protein: 41g
Carbohydrates: 62g
Fat: 29g
High in Vitamin C,
Iron, Fibre and Folate
Source of Calcium

Granola

“Busy mums find this no added sugar breakfast keeps them brimming with energy right up until lunch!” **Ellen Roche, Dietitian, Kilkenny**

40 Servings

ingredients

700g oats,
50g sultanas
100g dried apricots
1 tsp vanilla extract
1/2 tbsp mixed spices
1 tbsp ground cinnamon
50g whole linseeds / flaxseeds
50g oat bran
50g hazelnuts
50g pumpkin seeds
50g sunflower seeds
50g almonds, whole, flaked or ground
2 tbsp rapeseed oil
150ml honey
200ml unsweetened apple juice
50g dried cranberries

Note: it is important to allow for the full baking time as a shorter time may result in the granola being too moist, therefore going off within a few days of storage.

method

- 1 Preheat the oven to Gas 3/ 160°C/ 325°F.
- 2 Mix the oil with the apple juice and honey in a large pan and simmer for a few minutes to combine.
- 3 In a separate bowl mix all of the dry ingredients together, except for the dried fruits.
- 4 Stir the dry ingredients into the wet mixture.
- 5 Squeeze the wet mixture together with your hands, to form small clusters, before spreading out on to two large baking trays that have been lined with parchment paper.
- 6 Bake for 45 minutes, turning and breaking up the cereal every 10 minutes or so.
- 7 Stir in the dried fruits and bake for a further 15 minutes.
- 8 Cool, then store in an airtight container for up to 2 weeks.
- 9 Serve with natural yoghurt, blueberries and raspberries.

Also a great nutritious afternoon snack



Nutrition Information
per serving
Energy: 246 kcal
Protein: 11g
Carbohydrates: 36g
Fat: 7g
High in Calcium,
Source of Vitamin C
and Folate



Spinach Rolls

“Created by my mum as a way to disguise spinach, this soon became my favourite dinner. I have yet to serve this up to someone who doesn’t love it!”

Jessica Schram, Paediatric Dietitian, Dublin

(makes 8 spinach rolls; serves 2)

ingredients

1 chopped onion
2 cloves of garlic
2 dps butter
A little flour
1 jar of passata
Basil (optional)
8 lasagne sheets
240g frozen/fresh spinach
1 packet of boursin cheese
80g grated cheddar cheese

method

- 1 Melt the butter in a pan. Fry the garlic and onion until softened.
- 2 Add some flour, and whisk until you achieve a smooth thick consistency that comes away from the sides.
- 3 Gradually add the passata, whisking to achieve a smooth consistency.
- 4 Add basil for flavour. Next cook your spinach in a very small amount of water and drain well.
- 5 Bring a pot of water to the boil.
- 6 Add one lasagne sheet and leave for approx. 1-2 minutes until it is soft enough to roll without breaking.
- 7 Using a knife, spread the boursin onto the lasagne sheet, followed by some spinach and roll.
- 8 Place into an oven-proof dish.
- 9 Repeat steps 6 and 7 for each spinach roll. **It works best if you only add 1-2 lasagne sheets to the boiling water at a time so that they don't stick together.**
- 10 Pour the tomato sauce over the dish of spinach rolls, top with grated cheese and cook in a pre-heated oven set at Gas 6/ 200°C for 30 minutes.

Tip!

Serve with a seasonal salad!



Nutrition Information
per serving
Energy: 363 kcal
Protein: 17g
Carbohydrates: 34g
Fat: 19g
Source of Fibre,
Folate
High in Calcium



Butternut Squash and Red Pepper Soup

“This is one of my favourite soups that I discovered while I was pregnant. I’ve been making it ever since.” **Aileen Regan, Dietitian, Medical Director, Danone Baby Nutrition**

Serves 6

ingredients

1 carrot
2 red peppers
1 large onion
750g butternut squash
2 cloves of garlic
1 tbsp olive oil
2 vegetable stock cubes

method

- 1 Peel and chop the carrots, onion and butternut squash. De-seed the peppers and chop.
- 2 Peel the garlic and crush.
- 3 Heat a large saucepan and add the olive oil.
- 4 Add all your chopped vegetables and mix.
- 5 Cook for roughly 10 minutes until the vegetables begin to soften.
- 6 Make up the stock cubes with 2 litres of boiling water.
- 7 Add to the saucepan and bring to the boil, stirring occasionally.
- 8 Reduce the heat and simmer for 8-10 minutes.
- 9 Remove from heat and blend using a hand blender or liquidiser.
- 10 Serve with brown bread (optional).

Ideal for freezing!
This will come in useful for those nights when you want something fast!



Nutrition Information
per serving (with one
slice of brown bread)
Energy: 175 kcal
Protein: 5g
Carbohydrate: 34g
Fat: 3g
Source of Fibre,
Vitamin C and Folate

Healthy Pancakes

“This recipe is a source of Folate and high in B12 which helps to process Folate.” **Jennifer Luddy, Nutritionist, Danone Baby Nutrition**

Serves 2

ingredients

50g wholegrain flour
50g plain flour
1 egg
1 tsp baking powder
250 ml low fat milk
Oil for frying

method

- 1 Sieve the flour into a bowl. Make a well in the centre and add the egg.
- 2 Add in the milk and beat. If the mixture is too thick, add in some extra milk or use a hand blender or liquidiser to help mix it.
- 3 Place a little oil on a preheated pan on medium heat.
- 4 When hot, pour in enough batter to thinly cover the bottom of the pan.
- 5 Cook until underside is golden brown then flip and cook the other side until golden.
- 6 Serve with your choice of fresh fruit or yoghurt; or chop some blueberries in half and stir through the batter before cooking.

These pancakes can work savoury or sweet! Why not try other delicious toppings such as strawberries and raspberries (out of season you can use frozen berries) or cheddar cheese and ham, cream cheese and spinach.



Nutrition Information
per serving
Energy: 364 kcal
Protein: 20g
Carbohydrate: 55g
Fat: 17g
Source of Iron
and Fibre
High in Calcium
and Folate

Meatballs & Spaghetti

“It is often difficult to meet Iron requirements in pregnancy, immediately after birth and in a toddler’s diet. This recipe provides a good source of Iron while also providing extra nutrients by adding vegetables to the sauce”

Fiona Dunlevy, Senior Paediatric Dietitian, Dublin

Serves 4

ingredients

500g beef
2 shallots, finely chopped
1 tbsp oregano
50g cheese
1 egg beaten
1 tbsp olive oil
200g spaghetti
Pepper to taste

Sauce:

1 tbsp olive oil
1 grated courgette
1 grated carrot
2 tsps parsley
1 tsp basil
1 tbsp tomato purée
Splash vinegar
1 can tomatoes
3 beef tomatoes, peeled and chopped

method

- 1 Mix meat, oregano, cheese and egg in a bowl.
- 2 Bring a saucepan of water to the boil and add in the spaghetti.
- 3 Shape into meatballs.
- 4 Heat oil in pan, fry the meatballs on a low heat until golden brown.
- 5 To make the sauce simply mix all the ingredients together and heat on a low heat for 5 minutes.
- 6 Add the sauce to the meatballs and serve on a bed of spaghetti. Garnish with chopped parsley.

A classic dish rich in Iron and vitamin C and great for the whole family!



Nutrition Information
per serving
Energy: 659 kcal
Protein: 45g
Carbohydrate: 56g
Fat: 30g
Rich in Iron, Vitamin
C and Fibre
Source of Calcium



breastfeeding
From Birth

Breastfeeding

In the First 1000 Days, breastfeeding reduces your child's chances of being obese.

Breastfeeding is a core part of "getting it right" in terms of nutrition in the First 1000 Days. The World Health Organisation, the Department of Health and the HSE recommend exclusive breastfeeding during the first 6 months of life and to continue breastfeeding until 2 years of age or above.

Breastfeeding is best for your baby now and benefits them throughout their whole life—helping to lower blood pressure, cholesterol, type-2 diabetes risk and obesity when they grow up.

Breastfed babies have also been shown to perform better on school tests in maths, reading and spelling when they are 10 years old.

There are many benefits for mums too, including a reduced risk of breast and ovarian cancer and lower rates of obesity later on in life.

You need to take care of yourself while breastfeeding...it's probably one of the most important jobs you'll ever do. You're providing the best nutrition for your baby so you need to make sure you're getting all the nutrition you require during this special time.

**All pregnancy recipes
are also suitable if you
are breastfeeding**

SIMPLE TIPS

OMEGA-3

Try to include oily fish in your diet once or twice a week. The most commonly eaten oily fish in Ireland are salmon, trout, mackerel, sardines and herring. Oily fish is a rich source of omega-3 fats which are important for your growing baby's brain.

VITAMIN D FOR YOU

Include vitamin D rich foods every day for you and your baby's health. Choose eggs, oily fish and foods with added vitamin D regularly to ensure you are getting enough of this vital vitamin for heart, bone and long term health.

VITAMIN D FOR BABY

All babies need a daily vitamin D drop until they reach their first birthday. Why not put a note in your phone to remind you every morning and leave the vitamin D drops out where you'll see them?

KEEP HYDRATED

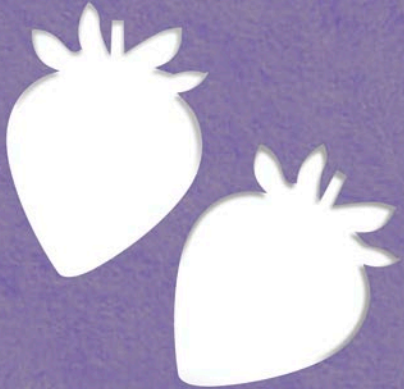
Drink at least eight glasses (2 litres) of water a day - you need to stay well hydrated while you are breastfeeding. Pour yourself a large glass of ice cold water before you sit down to breastfeed.



EAT WELL

Breastfeeding your baby uses up roughly 300-500 extra calories a day so don't skip meals and remember to eat nutritious snacks throughout the day. They don't have to be fancy - a sliced banana on wholemeal bread will give you a nutritious energy boost in the afternoon!

See www.breastfeeding.ie for support and further information on breastfeeding.



baby

From Weaning on to Solids
To First Birthday

Weaning

In the First 1000 Days, introducing a healthy, varied diet will improve eating habits for life.

The introduction of solid foods is a very exciting stage of the First 1000 Days journey. It is a critical time to give your baby a wide variety of healthy food and textures, both essential to establish good eating habits now and into the future.

The Department of Health & Children recommends that the introduction of solid food should start at about 6 months of age. The exact timing should be dictated by your baby, but you should not introduce solid food into your baby's diet before 4 months (17 weeks) of age, and weaning should start no later than 6 months (26 weeks) of age.

When you do get started, giving your baby a variety of healthy foods will set them on the road to being good eaters - keen to try new foods and more likely to be accepting of a variety of flavours throughout their lives.

Babies who are given plenty of fruit and vegetables at 6 months old will be more likely to eat plenty of fruit and vegetables when they are 7 than those who had a poor weaning diet. That's a fact! Prevention is better than cure... so now is the time to avoid having a fussy schoolchild or even a picky teenager!

How do you know your baby is ready to wean?

The signs that your baby is ready for solid food are that:

- 1 They have good head control
- 2 They show interest in foods. Your baby may look at food eagerly, watch when you eat and chew their hands.
- 3 They are able to sit up with support.
- 4 They start to look for milk feeds more frequently, for over more than a week.

SIMPLE TIPS

ACCEPTING NEW FLAVOURS

Babies may need to try a new food 10 to 15 times before they accept it, so don't give up! Remember early in the weaning process babies are more likely to accept new flavours so variety is the key from the very start.

OFFER VARIETY

Once your baby has become used to eating from a spoon be adventurous and offer lots of different fruits and vegetables, red meat, chicken and fish. This will stand to them for life.

TEXTURE

It is common for babies to "gag" as they move from purées to thicker textures. It can be scary when it happens but it is completely normal. As your baby gets used to the thicker texture it will gradually go away.

FINGER FOODS

Accepting lumps and finger foods is an important part of weaning. 6-7 months is the best time to introduce textures and lumpy foods to your baby's diet. Your baby is more likely to accept changes in texture at this age...leaving it too late may leave you with a fussy eater on your hands.

HOW MUCH?

Babies are very good at regulating their intake of food and drink and they know when they've had enough. If they don't finish all the food you've prepared don't force feed them as they are genuinely full at this stage.

Remember your baby should never be left alone while eating!

Baby's Age	Number of meals per day	Average meal size	Consistency	Suitable foods
Around 6 months (Stage 1)	2-3 meals/day	5-10 teaspoons	Smooth thin purée without any lumps	Cereals e.g. baby rice, porridge, baby cereal. Puréed vegetables e.g. carrots, squash, potato. Peeled and puréed fruit e.g. banana and pear. Well cooked chicken, fish, meat and eggs.
6-9 months (Stage 2)	3 meals/day	2-4 tablespoons	Thick with soft lumps	Well-cooked eggs, chicken or mince. White and oily fish (boned and skinless). Yoghurt, pasteurised cheese, bread, pasta, noodles, rice.
9-12 months (Stage 3)	3 meals/day plus 2-3 snacks	4-6 tablespoons	Chunky, mashed texture, moving to chopped, bite size pieces	Most family foods are now suitable but do not add sugar or salt. Finger Foods: mango, melon, banana, toast fingers, cheese, pasta shapes.

Advice on Gluten

Gluten, a protein found in wheat, rye, barley and oats, should be introduced to your baby's diet at about 6 months of age. The Department of Health advises against introducing gluten too early (before 4 months) or too late (after 7 months) to reduce the risk of coeliac disease. Very small amounts of gluten should be introduced at first, such as a gluten-containing baby cereal. You can then gradually increase the amount of gluten in your baby's diet over the next 4-6 weeks.

simple swaps

Instead of...	Choose...	Why?
Fruit juices	Water	Juices are too high in sugar for your baby and bad for their developing teeth.
Sweets and biscuits	Yoghurt or fruit	Sweet treats are too high in sugar for babies and can damage their growing teeth.

Instead of...	Choose...	Why?
Sugar coated breakfast cereals.	Breakfast Cereals with 'No Added Sugar or Salt'	Adult/Older children's cereals are too high in sugar and salt for your baby, and can damage their growing teeth.
Tomato Sauce/ Adult Jar of Bolognese Sauce.	Tin of chopped tomatoes puréed with fresh herbs.	Tomato sauce or adult jars of Bolognese sauces are both high in sugar and salt.
Chicken Nuggets.	Fresh chicken breast strips coated in breadcrumbs.	Processed meats such as chicken nuggets are low in iron and contain too much salt for your baby.

Vegetable Soup with Barley

“One of the very first soups I cooked with my mother, Vera. This is full of goodness and nutrition and, as they say in Cavan, there is eating and drinking in it! I make it for the twins but I replace the barley with Orzo which is a rice-shaped pasta and they love it.” **Neven Maguire, Chef and father**

Serves 12

ingredients

50g (2oz) pearl barley
1 tbsp rapeseed oil
2 celery sticks, diced
1 onion, diced
1 carrot, diced
1 small leek, trimmed and diced
1 tsp chopped fresh thyme
2 skinless, chicken breasts (quality assured)
1.2 litres (2 pints) homemade vegetable or chicken stock (with no stock cube or added salt)
1 tbsp chopped fresh flat-leaf parsley
Freshly ground black pepper
Brown bread, to serve (optional)

Tip!
Once your baby is taking soft finger foods you can cut up small soldiers of brown bread for them to eat with their soup.

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method

- 1 Place the pearl barley in a sieve and rinse well under cold running water.
- 2 Heat the rapeseed oil in a pan over a medium heat and stir in the celery, onion, carrot, leek and thyme. Sauté for 5 minutes, until the vegetables are softened.
- 3 Pour the stock into the vegetable mixture, add in the rinsed barley, whole chicken breasts and bring to the boil, then reduce the heat and simmer for about 20 minutes or until the vegetables, chicken and barley are completely tender.
- 4 Remove the cooked chicken, allow to cool slightly and carefully dice into small cubes. Stir in the diced chicken and parsley then season to taste.
- 5 Purée the soup to the desired consistency (depending on your baby's stage of weaning) using a hand blender or food processor.



Nutrition Information
per serving
Energy: 134 kcals
Protein: 10g
Carbohydrate: 18g
Fat: 3g
Source of Fibre



Chickpea & Coriander Stew

“Full of interesting flavours.” Michelle Skelly, Clinical Dietitian, Laos

Serves 4

ingredients

1 tsp rapeseed oil
1/2 onion chopped
400g can chickpeas (drained)
4 tbsp canned chopped tomato in juice
1 tbsp coriander leaves chopped
150g baby spinach, washed

method

- 1 Brown onion in rapeseed oil.
- 2 Add the onion, chickpeas and tomato to the pot and simmer for 15 minutes until chickpeas are soft enough to be mashed with the back of a fork.
- 3 Add in the spinach and stir until wilted. Take off the heat and add coriander.
- 4 Purée or mash to the desired consistency (depending on your baby's stage of weaning).

Chickpeas are so handy and are a great source of iron for your baby. It's always good to have a few tins of chickpeas in the cupboard. Don't be afraid to add in vegetables of your choice to this recipe.

Nutrition Information
per serving
Energy: 137 kcals
Protein: 9g
Carbohydrate: 18g
Fat: 4g
Source of Iron, Fibre
and Vitamin C



Easy Peasy Homemade HUMMUS

"Hummus is perfect to use as a dip for small pieces of fresh fruit and vegetables, or as a spread instead of butter. Infants love the savoury fresh taste and it's a great way to encourage them to self-feed which develops their hand and eye co-ordination and feeding autonomy." Ruth Charles, Paediatric Dietitian, Westmeath

Serves 12
Suitable from 6 months on.

ingredients

400g tin chickpeas
3 tbsps tahini
1 tbsp flaxseed oil
2 garlic cloves, crushed and smooth
Juice of half a lemon
Ground black pepper
Pinch cumin & cayenne pepper

method

- 1 Blend the chickpeas in a food processor until smooth, mix in the tahini, flaxseed oil, garlic, lemon juice, cumin and cayenne pepper.
- 2 Adjust seasoning by adding freshly ground black pepper.
- 3 Add a little water if needed. Serve at room temperature.

Why not set aside some of this mixture for the adults in the family and spice things up by blending in some chopped red chilli if you dare!



Nutrition Information
per serving
Energy: 126 kcals
Protein: 5g
Carbohydrate: 6g
Fat: 9g
High in Fibre,
Omega-3 and Iron



Tasty Mince Meat with Swede and Tomato Purée

"I didn't realise how challenging being a parent was until I became one myself, but this recipe never failed me" **Paula Mee, Dietitian, Dublin**

Serves 5

ingredients

1/2 tbsp sunflower oil
30g onion, finely chopped
125g lean minced beef
250g swede, chopped
2 tomatoes skinned, de-seeded and chopped
250ml unsalted chicken or beef stock

method

- 1 Heat the oil in a frying pan, add the onion and sauté until softened.
- 2 Add the minced beef and sauté, stirring occasionally until browned.
- 3 Add the swede and tomatoes, pour over the stock, holding back a little if a thicker consistency is preferred, and bring to the boil.
- 4 Reduce the heat, cover and cook for 30 minutes. Blend to a purée of the desired consistency (depending on your baby's stage of weaning).

You can't get any better than good Irish beef! Make sure to ask your local butcher for a nice lean cut of beef which they will happily mince for you.



Nutrition Information
per serving
Energy: 68 kcals
Protein: 7g
Carbohydrate: 3g
Fat: 4g
Source of Vitamin C



Icy Strawberry Cream

“Cool and soothing for teething gums and my kids still love it for a summer treat” **Cara Cunningham, Senior Community Dietitian, Westmeath**

Serves 4

ingredients

2 x 50g pots of strawberry fromage frais
50g mascarpone cheese
50g strawberries
1 drop of vanilla essence

method

- 1 Mix the yoghurt and cheese together, put into a dish (suitable for the freezer) and freeze for 2 hours.
- 2 Purée the strawberries and vanilla essence - mix together with the frozen yoghurt.

Note:

As this recipe has a firmer consistency it is suitable for your baby in the later stages of weaning (from about 8-9 months).

Why not change things up by using different flavoured fromage frais and different types of fruit?



Nutrition Information
per serving
Energy: 88 kcals
Carbohydrate: 5g
Protein: 2g
Fat: 7g



Cheesy Chicken & Broccoli Pasta

“This recipe is a favourite of mine to share with mothers of infants I see under my care, it is a great source of calcium for a developing infant”

Orla Brady, Community Dietitian, Westmeath

Serves 3

Suitable from 7 months

ingredients

75g skinless chicken breasts cut in strips
30g / 1/2 cup pasta
50g fresh broccoli
150ml water
50g grated cheddar cheese

method

- 1 Bring water to a simmer.
- 2 Add strips of chicken and broccoli and simmer for 20 minutes until tender.
- 3 Cook pasta for 10-15 minutes until soft.
- 4 Drain the pasta and add chicken and broccoli and mix with grated cheese.
- 5 Mash or purée.

It's quite handy to have some frozen vegetables in the freezer for those days when it's all go. Frozen broccoli florets will work just as well in this recipe and are just as nutritious.



Nutrition Information
per serving
Energy: 141 kcals
Carbohydrate: 6g
Protein: 14g
Fat: 7g
Source of Calcium
and Vitamin C



Fish Cakes

“These tasty little fish cakes were a firm favourite in my house when I was at the weaning stage.” **Emma Shannon, Senior Nutritionist, Danone Baby Nutrition**

Serves 8-10

ingredients

300g salmon (whiting also can be used)
4 medium potatoes
2 eggs
2 slices of brown bread
1 lemon
1 sprig of chopped parsley
1-2 tbsp of veg oil
Flour

method

- 1 Steam or bake fish until cooked (approx. 20 mins).
Remove all bones.
- 2 Steam or boil potatoes until cooked (approx. 30 mins).
- 3 Mash well until there are no lumps.
- 4 Mix fish, potatoes, 1 egg, veg. oil, parsley and shape into a roll.
- 5 Wrap in cling film.
- 6 Place in fridge for one hour.
- 7 Slice roll into 8-10 fish cakes.
- 8 Prepare three saucers, one each with flour, beaten egg, and breadcrumbs.
- 9 Dip each fish cake in flour, then the egg and then coat with breadcrumbs.
- 10 Grill until golden brown.
- 11 Serve with lemon

Note:

This recipe is suitable for Stage 3 weaning (9-12mths). Make sure to cut the fish cakes up into small pieces so your baby can pick them up with their small hands.

These fish cakes are a great way to introduce omega-3 and vitamin D-rich salmon into your baby's diet!

Nutrition Information
per serving
Energy: 199 kcal
Protein: 11g
Carbohydrate: 24g
Fat: 7g
High in Vitamin D
Source of Omega-3
and Vitamin C



Lamb & Sweet Potato Purée

"I found this a handy way to introduce meat at the early weaning stages" **Dr Jennifer O'Neill, Nutritionist, Danone Baby Nutrition**

Makes 6-10 portions

ingredients

400g sweet potato
100g lean lamb mince
1 tbsp rapeseed oil

method

- 1 Wash, peel and dice potato into small cubes.
- 2 Add the lamb to a saucepan with a small amount of water.
- 3 Cook over a gentle heat, breaking up the mince with a spoon as it browns.
- 4 Once browned add in the sweet potato, pour over enough water to cover it. Bring to the boil, stir, cover and reduce heat.
- 5 Simmer for 15 minutes, stir occasionally. **If it is cooking too quickly you may need to add more water.**
- 6 Remove from heat and cool, and then spoon into a food processor or container where you can use a hand blender.
- 7 Blend until smooth and runny, (the consistency will vary depending on your baby's stage of weaning) adding the rapeseed oil as you stir.

Change things up a little by adding different vegetables to this recipe e.g. carrots, peas, broccoli or spinach.



Nutrition Information
per serving
Energy: 109 kcal
Protein: 4g
Carbohydrate: 14g
Fat: 4g
Source of Vitamin C

Pear & Avocado Purée

“Avocados are often overlooked by parents when it comes to preparing baby foods but they are a heart-healthy and easy to prepare food”

Deborah Griffin, Senior Paediatric and Neonatal Dietitian, Waterford

Serves 8

Ingredients

- 1 pear
- 1/2 ripe avocado
- 1/2 tbsp of hot water

method

- 1 Remove the core and peel the pear. Remove the stone and peel the skin off the avocado.
- 2 Cut both into small chunks. Place the pear chunks in the saucepan with the hot water and slowly bring to a simmer.
- 3 Continue simmering until the fruit breaks up easily with your fork or spoon.
- 4 Be careful not to overheat or boil too much otherwise you will lose vital nutrition from the fruit.
- 5 Take off the heat and allow to cool, then combine with the avocado pieces and carefully mash with a fork or use a blender.
- 6 Fill up your ice cube tray evenly with the purée and, when cooled completely, place in the freezer.

Avocado is a brilliant first food for your baby due to its nutritional value and also its creamy texture. You can make variations of this recipe by using other fruits to blend with the avocado such as bananas, peaches, or mango.

Nutrition Information
per serving
Energy: 59 kcal
Protein: 1g
Carbohydrate: 4g
Fat: 5g
Source of Fibre



Kiwi - Cado

"A quick and simple, nutritious and delicious snack for the little ones."

Jessica Schram, Paediatric Dietitian, Dublin

Serves 6

ingredients

1/4 avocado

1/2 kiwi

method

- 1 Remove the stone from the avocado.
- 2 Peel the kiwi and avocado, cut into small pieces and mash together.
- 3 Alter texture depending on stage of weaning.

Tip!

An avocado is ripe when its skin turns from green to a dark brown/green color. A ripe avocado should "give" slightly when it is gently squeezed. Never refrigerate unripened (hard) avocados because they will not ripen in cold temperatures. Unripened avocados are best stored in a cool dark place until they have ripened. To speed up the ripening process you can put the avocado in a brown paper bag and it should ripen in 3-6 days. If you add a tomato, apple or banana to a paper bag in which you have placed an avocado this will speed up the ripening process and will usually only take one to three days to ripen.



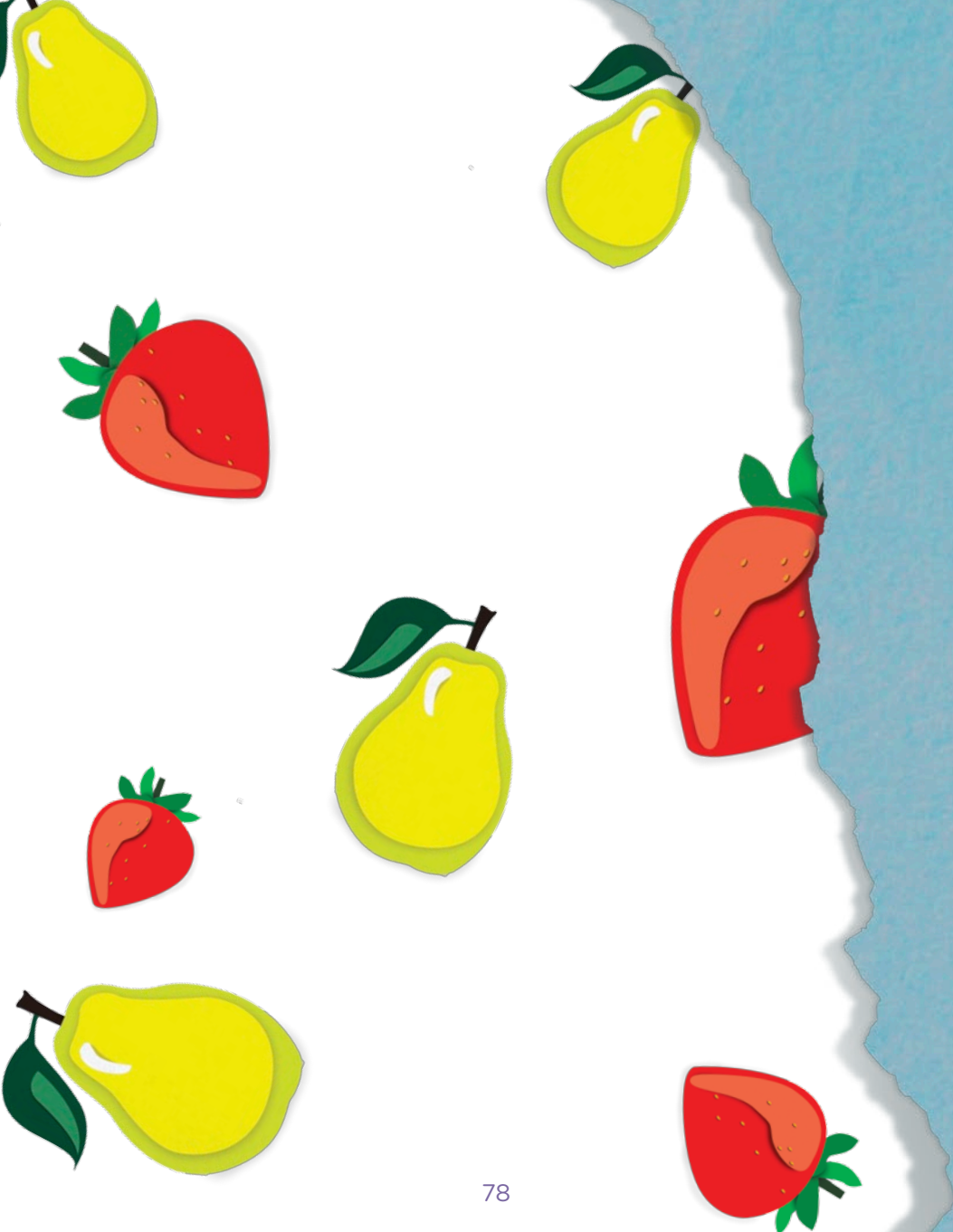
Nutrition Information
per serving
Energy: 62 kcals
Protein: 1g
Carbohydrate: 4g
Fat: 5g
High in Vitamin C





toddler

From First to Second Birthday



In the First 1000 Days, nutrition affects your child's brain development forever.

Your toddler's brain is highly flexible in the early years of life – just think of all that goes on in terms of language development, movement and social skills. Giving your toddler the best possible food for their brain will ensure they can maximise their full potential now and right throughout their lives.

Your toddler's brain is still growing and changing everyday. The brain reaches 50% of its mature size by about 6 months old and 85% of its final size by age 3. About half of your toddler's energy intake goes directly to their brain – more than twice the energy an adult brain needs.

Feeding your toddler with the right foods rich in iron and other important nutrients has a powerful impact on their brain development and future potential right throughout their lives.

It's a fact - children who get enough iron during the First 1000 Days will do better at reading, writing and maths when they are starting secondary school than those who have missed out.

SIMPLE TIPS

IMPORTANCE OF IRON

During the toddler years, your little one's brain develops at an amazing rate. To power all that learning they need a healthy balanced diet, which includes plenty of iron. Include red meat, chicken, eggs, peas, beans, lentils and leafy green vegetables on a regular basis. Remember - almost one quarter of 1 year olds in Ireland do not get enough iron in their diet.

VITAMIN D

Intakes of vitamin D are also generally low in Irish toddlers indicating that many toddlers are at risk of missing out on this key nutrient for bone growth. Good dietary sources of vitamin D include eggs and oily fish.



DID YOU KNOW?

Tailored, specific foods such as fortified milks, fortified breakfast cereals and growing-up milks can be a helpful addition to your toddler's diet and can boost intakes of important vitamins, for example iron and vitamin D.

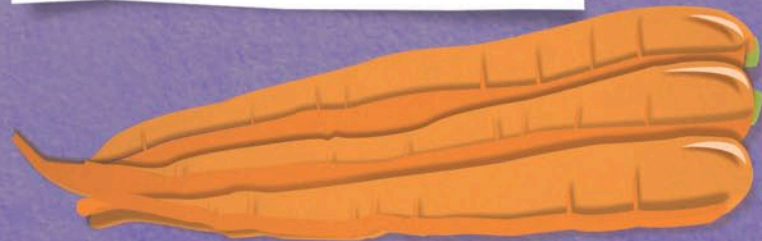


LEAD BY EXAMPLE

Eating as a family is important - toddlers learn by example and love to see what you are eating at the table. This will encourage them to have a wider, varied diet.

HELPING HANDS!

Make your toddler your sous-chef in the kitchen. Toddlers feel more interested in foods they have helped to prepare - allow them to wash the carrots, mix the salad and to set the table!



Healthy snacks for your toddler

At this stage, your toddler should be having around 3 meals and 2-3 healthy snacks per day. Make sure to have a good supply of healthy, low sugar and low salt snacks. Some healthy snack ideas include:



A boiled egg and wholemeal toast soldiers

Some chopped fruits such as banana or apple

A small yoghurt and some raisins

Soft cooked vegetable sticks

Half a bagel and cream cheese

A small wholemeal scone with butter



Beans and wholemeal toast

Mini rice cakes

Vegetable soup

Mini pitta pocket with tuna

Hummus and wholegrain crackers



simple swaps

Instead of...	Choose...	Why?
Breaded Fish/ Fish Fingers	Fresh Fish	Breaded fish contains too much salt for your toddler.
Desserts and other sweet treats	Yoghurt and Fruit	Desserts and sweet treats provide too much sugar and very little vitamins and minerals. Limit these to special occasions. Fruit and yoghurt are a great sweet treat rich in vitamins and minerals.
Sugar	Use fruit to sweeten breakfast cereals, natural yoghurt and pancakes. Sweet vegetables like carrots, parsnips, peas and sweet potato can sweeten savoury dinners.	Too much sugar in the diet can lead to tooth decay and obesity in later childhood.
White bread, rice, and pasta	Wholegrain bread, brown pasta and brown rice	Wholegrain varieties of cereals provide more fibre for your toddler. For fussy toddlers you can mix for example white and brown pasta to make the change less obvious.
Shop bought sauces	Homemade sauces made using homemade vegetable stock (thickened with cornflour) and seasoned with herbs	Shop bought sauces can contain too much salt and sugar.

Creamy Pork & Apple

“Everyone in the family will love this tasty casserole dish, a different take on the usual pork with apple sauce.” **Louise Reynolds, Dietitian, Danone Baby Nutrition**

Serves 12

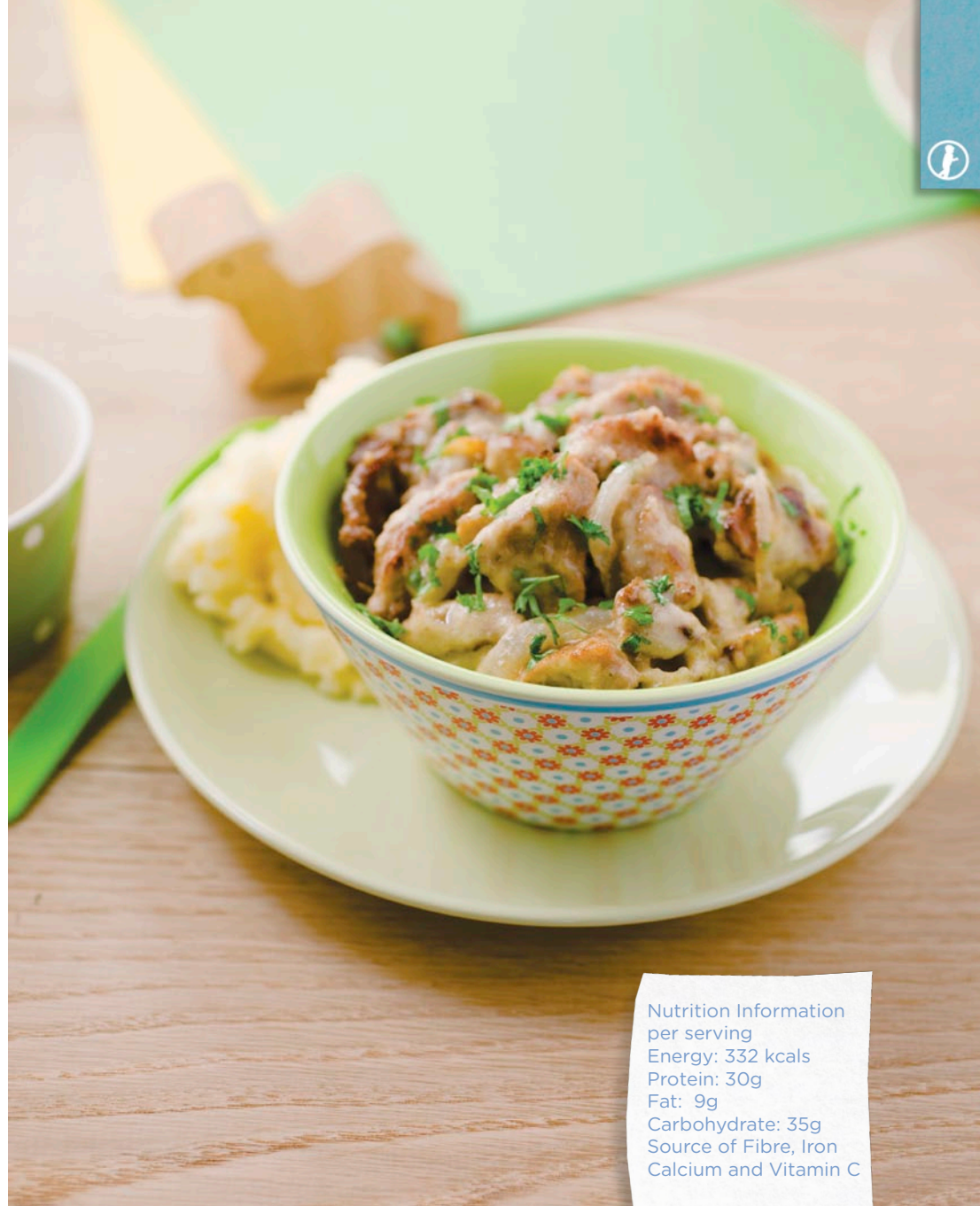
ingredients

1.3kg / 3lbs pork pieces
2 tbsps plain flour seasoned with pepper
Vegetable oil (for frying off the meat)
2 small onions, peeled and chopped thinly
3 cooking apples, peeled and chopped
300mls / 1/2 pint apple juice
600mls / 1 pint chicken or vegetable stock
300mls / 1/2 pint cream

method

- 1 Toss the pork pieces in the seasoned flour and sauté them in the vegetable oil until golden brown (**do this stage in batches**).
- 2 Transfer the meat to a casserole dish.
- 3 Then gently fry the onions and apples in the pan for about 10 minutes without colouring.
- 4 Add to the meat in the casserole dish and pour in the apple juice and stock. Simmer over a low heat for 1 hour or until the meat is tender.
- 5 Stir in the cream and serve with fluffy rice or creamy mashed potatoes.

We often take the quality of our Irish pork for granted, when you really can't beat it anywhere else in the world! Chop the pork into nice small pieces that your toddler is able to tuck in to.



Nutrition Information
per serving
Energy: 332 kcals
Protein: 30g
Fat: 9g
Carbohydrate: 35g
Source of Fibre, Iron
Calcium and Vitamin C

Beef & Veggie Burger

“Yummy burgers packed with extra goodness.” **Jenny O’Dea,**
Nutritionist, Danone Baby Nutrition

Serves 4

ingredients

400g lean Irish minced beef
1 egg lightly beaten
1 small carrot, grated
1 small courgette, grated
Black pepper and mixed herbs

To Serve:

1 medium avocado
2 tps lemon juice
8 small wholemeal buns/rolls
Sliced tomatoes (8 slices)
Butter lettuce leaves
Irish tomato chutney (optional)

These burgers are also great to cook for all the family at summer barbecues. You can make them bigger for the adults in the family.

method

Burgers:

- 1 Place the minced beef, egg, carrot and courgette into a medium bowl. Season with black pepper and mixed herbs.
- 2 Mix well with your hands and then shape into 8 small burgers.
- 3 Place the burgers on a tray lined with grease-proof paper, cover with cling film and **place in the fridge for 30 minutes.**
- 4 Preheat a greased (with rapeseed oil) grill pan or frying pan on medium heat.
- 5 Cook the burgers for 3-4 minutes on each side until cooked through.
- 6 Transfer to a plate, cover and keep warm.

To Serve:

- 7 Mash the avocado and lemon juice in a small bowl until smooth.
- 8 Lightly toast the burger buns.
- 9 Spread the base of the burger buns with the avocado mash. Top each burger with lettuce and sliced tomato.
- 10 Add a thin spread of tomato chutney to the top of the lettuce and tomato if desired.



Nutrition Information
per serving
Energy: 252 kcal
Protein: 19g
Fat: 11g
Carbohydrate: 22g
Source of Iron and
Calcium

Ragu Sauce

“This recipe is the the real McCoy and definitely doesn’t use any of those ready-made pasta sauces. It’s just so versatile, soft and tender that it is worth the two hours cooking time - trust me, it’s worth it!” **Neven Maguire, Chef and father**

Serves 10

ingredients

1 tbsp rapeseed oil
1oz / 25g butter
1 onion, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
2 garlic cloves, crushed
8oz / 225g button mushrooms, sliced
4oz / 100g rindless pieces of smoked streaky bacon, finely chopped
12oz / 350g lean minced beef (quality assured)
1 tbsp tomato purée
2 x 14oz / 400g cans chopped tomatoes
1/2 pint / 300ml beef stock (low salt)
1 tbsp chopped fresh basil
Freshly ground black pepper

This dish is a perfect stand-by for converting into dishes such as moussaka, cannelloni, chilli con carne, lasagne, cottage pie and as a filling for pancakes and jacket potatoes



method

- 1 Heat the butter and oil in a large sauté pan with a lid until sizzling.
- 2 Add the onion, carrots, celery, garlic, mushrooms and bacon. Sauté over a medium heat for 10 minutes until the vegetables have softened and everything is lightly browned, stirring frequently.
- 3 Add the minced beef to the pan, reduce the heat and cook gently for 10 minutes until well browned, stirring to break up any lumps with a wooden spoon.
- 4 Stir in the tomato purée, canned tomatoes and half of the stock and bring to the boil, stirring to combine.
- 5 Reduce the heat under the pan, half cover with the lid and **simmer very gently for about 2 hours** or until the meat is meltingly tender, stirring occasionally and adding a little more of the remaining stock as it becomes absorbed.
- 6 Add basil to the sauce and mix well to combine, then simmer uncovered for another 30 minutes until the bolognese sauce is well reduced and thickened, stirring frequently.
- 7 Season with ground black pepper.
- 8 Serve with pasta.

88



Nutrition Information
per serving
Energy 236 kcal
Protein 13g
Carbohydrates 20g
Fat 12g
Source of Fibre



Cheesy Egg Tortilla with chickpea and tomato salad

“Quick, easy and open to adding your own favourite extras.” **Roberta McCarthy, Clinical Specialist Dietitian, Dublin**

Serves 4

ingredients

2 potatoes – boiled and chopped into bite size pieces
1 onion – chopped finely
1 tbsp rapeseed oil for frying
4 free range eggs, whisked
25g (1oz) hard cheese such as cheddar, edam or gouda, grated (low fat optional)
75g mushrooms, sliced
60g spinach

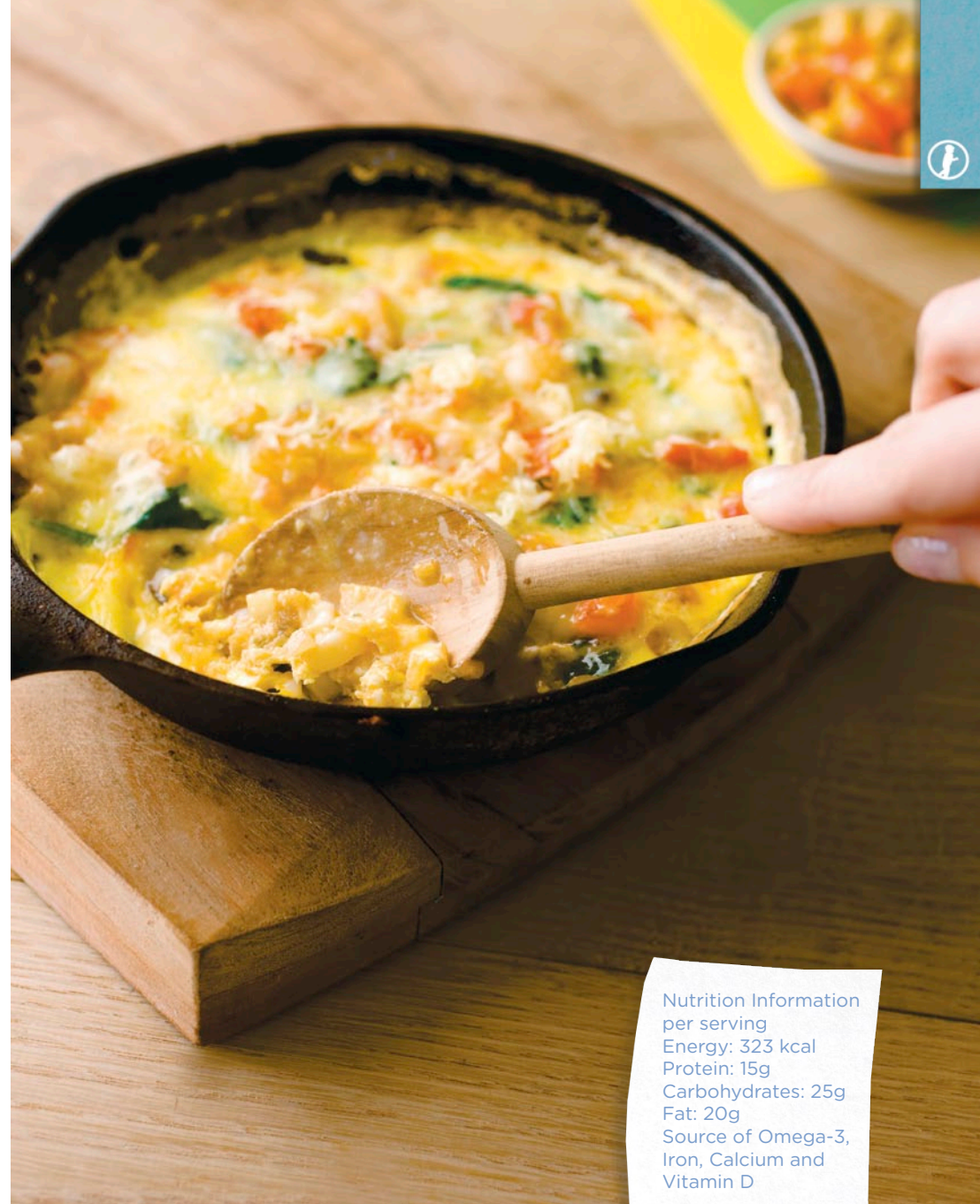
Chickpea & tomato salad:

80g of cherry tomatoes, halved or quartered
200g chickpeas
1/2 small red onion
1 tbsp olive oil
Black ground pepper to season

method

- 1 Gently cook the onion and chopped potatoes in the oil in a frying pan.
- 2 Add the eggs, mushrooms and spinach and sprinkle with the cheese.
- 3 Cover with a lid until the eggs are fully cooked (firm to touch).
- 4 Place under a hot grill until golden in colour.
- 5 To make the salad, mix the cherry tomatoes, chickpeas, and onion in a bowl. Drizzle over the olive oil and season with black pepper.
- 6 Serve the tortilla warm with the salad on the side.

This tasty vegetarian dish is packed with iron which is important for your toddler's brain development.



Nutrition Information
per serving
Energy: 323 kcal
Protein: 15g
Carbohydrates: 25g
Fat: 20g
Source of Omega-3,
Iron, Calcium and
Vitamin D

Chicken & Vegetable Risotto

“This creamy, nourishing risotto goes down a treat with my own children”

Niamh Brannelly, Dietitian, Danone Baby Nutrition

Serves 6

ingredients

1 onion, diced
1-3 cloves garlic, crushed (optional)
4 chicken breasts, sliced
3 peppers, sliced and diced
100g/4oz mushrooms, diced
225g/8oz arborio rice
1 cup frozen peas
750ml/1.5 pint of low salt chicken stock
Fresh parsley, chopped

method

- 1 Fry the onion and garlic in olive oil.
- 2 Add the chicken breasts, peppers and mushrooms, and fry for a couple of minutes more.
- 3 Add in the rice and fry until all coated in oil but not browned.
- 4 Add about 500ml/1 pint of stock and cook it is until almost all absorbed.
- 5 Gradually add another 250ml/ half pint of stock until the risotto is creamy, then pop in a cup of frozen peas.
- 6 Stir well then serve with chopped parsley.

You can add variety to this recipe by swapping chicken with fish such as salmon or cod.



Nutrition Information
per serving
Energy: 342 kcals
Protein: 27g
Carbohydrates: 51g
Fat: 5g
High in Fibre and
Vitamin C
Source of Iron



Sun-Dried Tomato Frittata

"This is so easy to make and serve and a great way to include well cooked egg which is a cheap, nourishing food for everyone. The natural sweetness of the tomato combined with the savoury herbs and cheese make it a choice that's full of natural goodness for your toddler to enjoy". **Ruth Charles, Paediatric Dietitian, Westmeath**

Serves 4

ingredients

6 sun-dried tomatoes
4 tbsps of olive and flaxseed oil, mixed to taste
1 small onion, finely chopped
Pinch of dried thyme
6 eggs
50g grated fresh parmesan cheese
Ground black pepper

A twist on your average egg dish, packed with vitamin D and calcium, which are important for your toddler's rapidly growing bones.



method

- 1 Soak the tomatoes in a bowl for 15 minutes with just enough hot water to cover them.
- 2 Remove from the water (keep the water) pat dry with kitchen paper and cut into fine strips.
- 3 Fry the onion in the oil until soft and brown, then add the tomato strips and thyme.
- 4 Cook for a further 2 minutes, stirring constantly.
- 5 Season to taste with black pepper.
- 6 Beat all 6 eggs into a bowl, stir in 3 tbsps of the tomato water and all the parmesan.
- 7 Raise the heat under the pan, when the oil sizzles, add the egg mixture.
- 8 Mix quickly then stop stirring.
- 9 Turn the heat to low, cook until the base is golden and the top is puffed.
- 10 Using a large plate as a lid, turn the pan over, the frittata will land on the plate, place the golden cooked side up and slide the frittata back in the pan until the other side is cooked golden.
- 11 Cut into bite sized wedges and offer hot or cold.



Nutrition Information
per serving
Energy: 360 kcals
Protein: 16g
Carbohydrates: 2g
Fat: 32g
High in Omega-3 and
Vitamin D
Source of Iron and
Calcium



Cowboy Hotpot

“The colours and variety of textures in this dish will help your child to develop their taste and interests in new foods” **Michelle Skelly, Clinical Dietitian, Laois**

Serves 7

ingredients

2 tps rapeseed oil for frying
1 onion, sliced
1 red pepper, sliced
1 sweet potato, chopped
115g green beans, chopped
400g can baked beans in tomato sauce
200g can sweetcorn (drained)
1 tbsp tomato purée
100g tin mackerel in tomato sauce
100g smoked cheddar, cubed
450g potatoes, thinly sliced
1 egg beaten
Ground black pepper

method

- 1 Preheat oven to Gas 5/ 190°C/ 375°F.
- 2 On the hob over a low heat sauté the onion, red pepper and sweet potato in rapeseed oil until soft but not brown.
- 3 Add the green beans, sweetcorn, tomato puree and boned mackerel. Simmer for 5 minutes.
- 4 Transfer the mixture to an ovenproof dish and scatter with the cubes of cheese.
- 5 Cover mixture with slices of potato then brush with egg and sprinkle with ground black pepper.
- 6 Bake in preheated oven for 30-40 minutes until golden brown on top and potato is cooked soft.

What a great way to incorporate lots of vegetables and oily fish into your toddler's diet. Ssssh don't tell your toddler!



Nutrition Information
per serving
Energy: 291 kcal
Protein: 14g
Carbohydrate: 40g
Fat: 9g
High in Vitamin C
Source of Omega-3,
Iron, Calcium and
Vitamin D

Homemade Salmon Fish Fingers

with Homemade Wedges and Roasted Carrot & Parsnip

"Salmon fish fingers - Ditch the processed fish and give this nutritious alternative to fish fingers a try!" **Jessica Schram, Paediatric Dietitian, Dublin**

Serves 6

ingredients

For the fish fingers:

450g salmon
50g plain flour
1 egg lightly beaten
50g breadcrumbs
1/2 tsp paprika

For the wedges:

6 medium rooster potatoes
1 tsp black pepper
1 tbsp olive oil

For the roasted carrot & parsnip:

3 medium parsnips, peeled and cut into bite-size pieces
4 medium carrots, peeled and cut into bite-size pieces
2 tbsp olive oil
1 tsp black pepper
2 tps mixed herbs.

Tip!

Swap salmon with cod for a tasty alternative.

method

Wedges:

- 1 Preheat the oven to Gas 4/ 180°C. Scrub the potatoes and cut into chunky wedges.
- 2 Drizzle with the olive oil and sprinkle over the black pepper.
- 3 Place on a baking tray lined with parchment. Bake for 30-35 minutes.

Roast Vegetables:

- 4 Place the carrots and parsnips in a bowl.
- 5 Add the oil, pepper and mixed herbs and combine thoroughly.
- 6 Place the veg on a baking tray lined with parchment.
- 7 Bake for 25-30 minutes, tossing halfway through.

Fish Fingers:

- 8 Meanwhile, cut the fish into lengths and remove any skin and bones.
- 9 Combine the paprika and breadcrumbs.
- 10 Coat each fish piece in flour and then dip into beaten egg. Roll the fish pieces in the breadcrumbs.
- 11 Place on a baking tray and cook for 10-15 minutes (until golden brown).



Nutrition Information
per serving
Energy: 230 kcal
Protein: 18g
Carbohydrate: 16g
Fat 10g
High in Omega-3
and Vitamin D

Pitta Pizza

“A great dish to get the kids involved with the meal when they are big enough to add their own toppings” **Michelle Skelly, Clinical Dietitian, Laois**

Serves 2

ingredients

2 wholemeal pitta breads
100ml passata
30g grated mozzarella cheese
10 leaves fresh basil
Ground black pepper
100g salmon
3 pineapple rings, drained and diced
2 tbsps sweetcorn

method

- 1 Preheat the grill and lightly toast the pitta bread on each side.
- 2 Spread passata on one side of each pitta right to the edge (to prevent the pitta burning).
- 3 Arrange the cheese, basil and pepper on top of the passata.
- 4 Arrange the salmon, sweetcorn and pineapple on top of the cheese.
- 5 Grill the pitta pizza for 5 -8 minutes until golden brown and bubbling.
- 6 Serve when cooled to a temperature suitable for child.

Who would have thought a pizza could be both tasty and nutritious? This is a great finger food for toddlers.



Nutrition Information
per serving
Energy: 279 kcal
Protein: 19g
Carbohydrate: 30g
Fat: 10g
High in Omega-3 and
Vitamin D
Source of Iron

Veggie Va Va Voom

"We all know how difficult it can be to get kids to eat their fruit and veg. My advice: If you can't make them eat it, get them to drink it!" **Paula Mee, Dietitian, Dublin**

Serves 6

ingredients

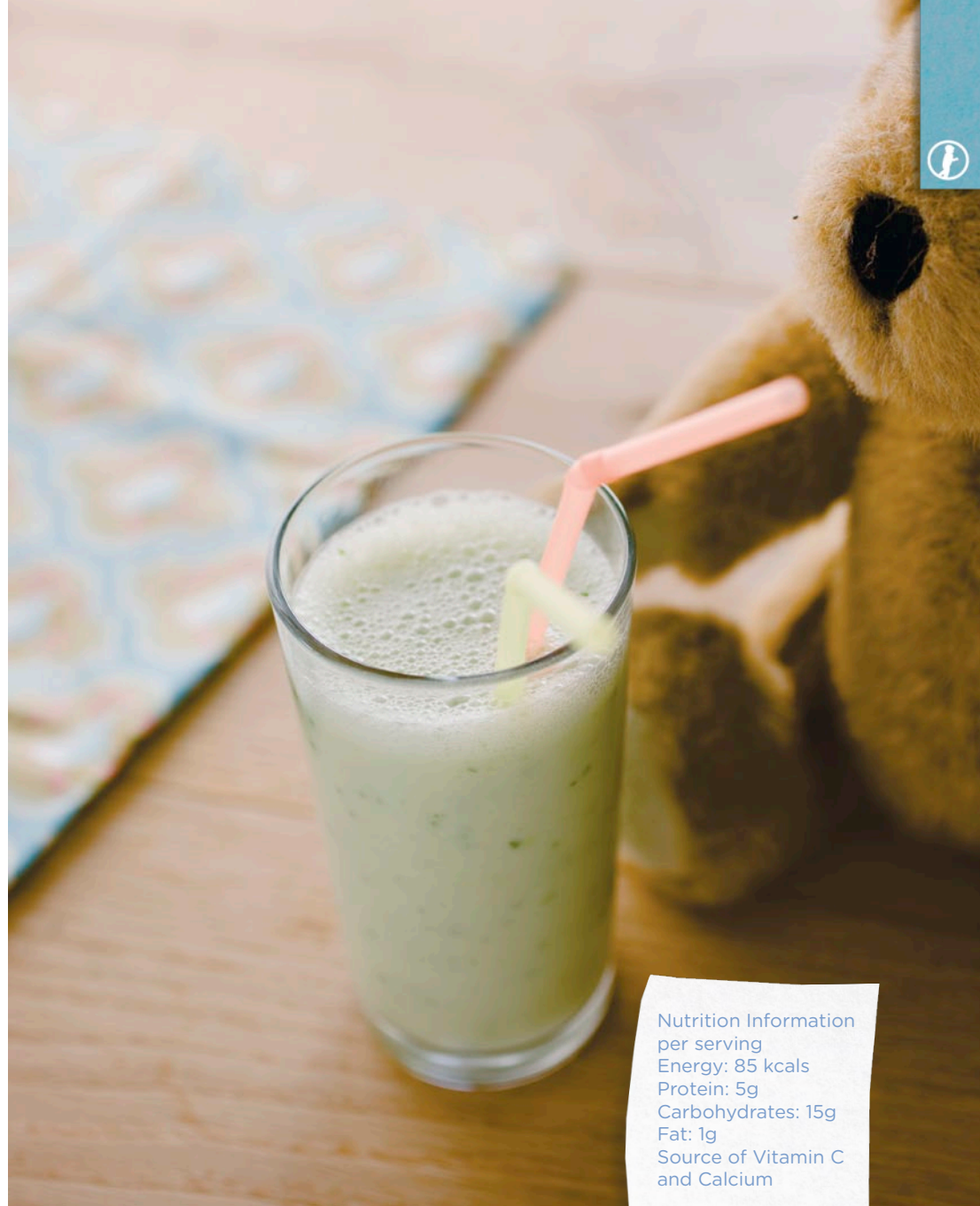
6 sticks of celery
300ml organic apple juice
2cm fresh ginger
1 cucumber
500g low fat natural yoghurt
1 tbsp of honey

method

1 Whizz all ingredients together and serve cold.



Double up on the recipe to make enough for the whole family. Keep in a jug in the fridge and serve cold - delish on a summer's afternoon!



Nutrition Information
per serving
Energy: 85 kcals
Protein: 5g
Carbohydrates: 15g
Fat: 1g
Source of Vitamin C
and Calcium

contributing dietitians

Roberta McCarthy

Roberta is a Clinical Dietitian specialising in neonatal care. Roberta has years of experience working in Paediatrics and Neonatology. Her main interests are nutrition and growth in babies, especially those born preterm, and the area of vitamin D. Roberta is an active member of various expert groups and has contributed to a range of resources for parents and health care professionals.

Michelle Skelly

Michelle graduated as a Dietitian from the University of Ulster, Coleraine in 2005. Originally from Co. Meath, Michelle now lives in Laois where she works as a Hospital Dietitian. She loves food and cooking and enjoys doing regular cookery courses, learning about both Irish and International foods and of course adding her own twist to recipes!

Orla Brady

Orla Brady, Community Dietitian, BSc (Hons) Human Nutrition and Dietetics, MINDI. Orla graduated from Trinity College Dublin and DIT in Human Nutrition and Dietetics and began working as a dietitian in Beaumont Hospital, Dublin. Orla is currently working as a Community Dietitian with the HSE in the Midlands and provides a primary care dietetic service to both children and adults through primary care clinics and group programmes. Paediatrics has become a large part of her work and Orla has developed a special interest in childhood nutrition.

Fiona Dunlevy

Fiona Dunlevy BSc, PG Dip, MSc, MINDI, Senior dietitian in Paediatrics and Women's Health. Fiona currently works as a dietitian in a leading teaching maternity hospital. She has spent time investigating the type of information parents seek when choosing solid foods for their baby and has been involved in producing parent guides in this area. On a daily basis she works with pre-pregnancy and pregnant women, new-borns and young infants.

Ellen Roche

Ellen Roche is a Dietitian at Nutri Vive Nutrition Clinic in Kilkenny city. Ellen previously worked with the HSE for several years and now operates her own full-time private practice. Ellen specialises in providing nutrition advice for Digestive Disorders (Low FODMAP Approach), Sports Nutrition and Weight Loss. Nutrition advice clinics are also located in Carlow, Tipperary and Wexford.

Jessica Schram

Jessica graduated with an honours degree in Human Nutrition and Dietetics from Trinity College Dublin and DIT in 2009. Since then Jessica has worked in Tallaght Hospital as a Paediatric Dietitian providing dietary advice and support to families affected by food allergies, fussy eating, coeliac disease as well as many other nutritional problems.

Paula Mee

Paula is a qualified dietitian and set up her own consultancy in 2004. She provides an extensive range of services in nutrition, marketing communications and product development. Paula is Head of Dietetics in Medfit Proactive Healthcare, Blackrock, Co Dublin. She is passionate that the consumer voice is heard and makes regular appearances in the media advising on nutrition and health issues.

Cara Cunningham

Cara Cunningham has worked for over 15 years as a Community Dietitian for HSE Midlands; her job is a mixture of both primary care and health promotion. Cara is a mum of three busy kids, Kate who is eight and twins Peter and Ruth who are six. She enjoys the daily 'struggle' of trying to get them to eat a healthy diet!

Ruth Charles

Ruth has been a Paediatric Dietitian since 1998. She's now self-employed at NutriKids: a nutrition consultancy dedicated to the nutritional needs of children from infancy to teenage years. She's qualified to assess childhood weight, height and nutritional status. She works in supporting and empowering families to make informed decisions around the best nutrition for pregnancy and during infancy.

Deborah Griffin

After graduating with a B.Sc. Physiology in UCC in 1996 Deborah qualified as a Dietitian in 1998 from the University of Ulster Coleraine. Since then Deborah has worked in a variety of posts in the UK and Ireland predominantly in paediatrics as she has a special interest in children's health, feeding and nutrition, especially for children with food allergies. Deborah gained an M.Sc. in Allergy from the University of Southampton in 2011. Her interest in food is about encouraging parents to use simple, natural, nutritious foods that appeal, as forming early eating habits in infants and young children is key to a healthy lifestyle.

Danone Baby Nutrition Team

Aileen Regan, Dietitian, Medical Director
Louise Reynolds, Dietitian
Niamh Brannelly, Dietitian
Emma Shannon, Senior Nutritionist
Jenny O'Dea, Nutritionist
Dr Jennifer O'Neill, Nutritionist
Michelle Gray, Dietitian
Jennifer Luddy, Nutritionist



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