

FOOD IDEAS FOR PACIFIC BABIES

8-10 MONTHS

Along with mashed and soft food, you can now start to offer slightly firmer finger foods as well as raw and finely chopped foods.



Pork mince chow mein with mixed vegetables



Egg fried rice with mixed vegetables



Mince, pasta and vegetables



Peanut butter and banana on crispbread cracker



Egg, grated apple and potato



Bread, grated cheese and thinly sliced tomato



Beef, cassava and mashed peas



Fish, chopped salad and green banana



Tuna, mixed vegetables and rice



Porridge with peaches



Sua Fa'i banana and sago pudding



Peanut butter on toast with grated carrot

You can now offer three meals per day, before breast milk or formula.