



# Baby Led Weaning (BLW)

## How to know if baby is ready

- ✓ Maintains sitting position with minimal help
- ✓ Grabs toys
- ✓ Brings them to mouth with precision
- ✓ Interested
- ✓ Around 6 months old

## How to start

- ✓ Not tired, not hungry
- ✓ Include baby when you are eating
- ✓ Appropriate foods
- ✓ High chair or on lap
- ✓ Tray close to baby's body
- ✓ Tablecloth under chair
- ✓ Directly in hand or on tray

## Foods to avoid

- ✓ Small, round, sticky and hard foods (raisins, grapes, nuts, pieces of raw carrots, pieces of raw apple, thickly spread nut butters)
- ✓ Honey until 1 year
- ✓ Raw meat and fish
- ✓ Junk food
- ✓ Salt and sugar added
- ✓ Artificial sweeteners



## Why parents choose BLW

- Stimulating ✓
- Motor development ✓
- Fresh ✓
- Nutritious ✓
- Easy ✓
- Saves money ✓
- Quick ✓
- Convenient ✓
- Appetite control ✓
- Learns to eat safely ✓
- Better food choices? ✓
- Less obesity? ✓

## Top 8 beginner foods (recipes with an \* are included in your PDF recipe book)

- Sweet potato fries\*
- Avocado
- 3-ingredient burgers\*
- Salmon sliders\*
- Meatballs
- Omelet
- Banana rolled in unsweetened shredded coconut
- Fermented vegetables



# Ideal size for beginners: your pinky finger



## To help prevent choking

- ✓ Don't put your fingers in the baby's mouth
- ✓ Vertical position
- ✓ Minimize distractions
- ✓ Offer appropriate foods



## Highly allergenic foods

- ✓ Eggs, fish, nuts, wheat, soy, milk, sesame, seafood
- ✓ Watch baby for signs of an allergic reaction like swelling around mouth, redness or red dots
- ✓ Usually 15 minutes or less after meal

## Foods high in iron to include twice a day

- ✓ Liver, meat, fish (heme iron: well absorbed)
- ✓ Legumes like chick peas and lentils, cereal and tofu (non heme iron: less well absorbed)
- ✓ To increase iron absorption, you can include foods that have lots of vitamin C at the same meal like:
  - Kiwi
  - Lemon juice
  - Orange
  - Tomato
  - Bell pepper



## Menu example for the first week

This is just an example ✓  
and your baby might not eat anything

Breastmilk or formula ✓  
continues on demand

Quantities eaten will be ✓  
highly variable.  
Trust your baby's appetite!

Recipes with an \* are included ✓  
in your PDF recipe book

**DAY 1** Plain omelet for breakfast

**DAY 2** Breastmilk or formula

**DAY 3** Plain omelet for breakfast  
Sweet potato fry for lunch\*

**DAY 4** 3-ingredient burger for lunch\*  
Piece of avocado for snack

**DAY 5** Plain omelet for breakfast  
Piece of avocado for snack

**DAY 6** Breastmilk or formula

**DAY 7** 3-ingredient burger for lunch\*  
Plain omelet for dinner