

The right start...

natural and nutritious beef and
lamb recipes for your baby



So you want to give your baby the best start...

The Department of Health recommend that you should breastfeed your baby exclusively for the first 6 months.

WHEN should I introduce weaning foods to my baby's diet

The table below tells you when to introduce weaning foods:



Ideal recommended	Ideally you should wait until 6 months (26 weeks) to begin offering your baby foods other than their usual milk
Earliest possible	It's not recommended to wean earlier than 6 months, but if you choose to do so in discussion with your health care professional, you should NEVER introduce weaning foods earlier than 17 weeks

Beef and lamb are amongst the foods which can be offered from **28 weeks**

HOW do I introduce beef and lamb to my baby's diet



Stage 1	At 6 ^{1/2} mths	Beef and lamb should be blended into a smooth puree or very well mashed. If dry, moisten with vegetable water or cooked meat juices.
Stage 2	7 - 8 mths	Mashed or minced lean beef or lamb – it doesn't need to be quite so smooth or runny as at Stage 1 above.
Stage 3	8 - 9 mths	Use a fork to mash, or use minced lean beef or lamb. Cut meat into very small pieces.
Stage 4	10 - 12 mths	Minced or chopped lean beef and lamb

This is general advice on introducing weaning foods, your baby will let you know if the consistency is suitable!



HOW often should I give my baby beef and lamb

In general, health professionals recommend that your baby consumes red meat two to three times per week.



WHAT foods should I avoid giving to my baby

Salt	Do NOT add salt to food for your baby. When cooking for the family, leave salt out of your baby's portion. Avoid salty foods such as stock cubes.
Sugar	Do NOT add sugar to your baby's food.
Honey	Do NOT give honey until your baby is 1 year old .
Nuts	Whole nuts of any kind are unsuitable for children under the age of 5 years because of the risk of choking
Cow's milk	Do NOT give: (i) cow's milk until at least 1 year old ; (ii) semi-skimmed milk until 2 years old and (iii) skimmed milk until 5 years old .



There are some additional foods that should be avoided **between 17-26 weeks** including; gluten (breads, cereals, rusks, pasta) eggs, fish & shellfish, citrus fruit and fruit juice (orange, lemon, lime).

HOW much iron does my baby need



Iron deficiency is common among 6-24 month old babies. After exclusive breastfeeding for 6 months, a baby's iron stores reach low levels. Therefore when weaning begins at 6 months, it is particularly important to include iron-rich foods. The best sources of iron are either **haem iron sources** (beef, lamb, pork, sardines) or **non-haem iron sources** (egg yolk, green vegetables, beans, peas, lentils, fortified breakfast cereals). The iron from haem sources is much more easily absorbed (4-7 times) than from non-haem iron sources. Research has shown that lean meat should be encouraged as part of a toddler's diet in order to increase iron stores amongst 1-3 year olds and 1½ - 4½ year olds.

Iron sources MOST EASILY absorbed

Beef, lamb, pork, chicken, turkey, game, liver, kidney, fish, bacon and ham, meat products.

Iron sources LESS EASILY absorbed

Bread, fortified breakfast cereals, dried fruit, eg apricots, eggs, dark green vegetables, peas, beans, lentils.

In order to increase a baby's iron absorption from **non-haem sources**, a food source of **vitamin C** (citrus fruit, unsweetened fruit juices, fresh or frozen vegetables) should be given.

HOW much food does my baby need



Two or three teaspoonfuls is enough to begin with but the quantity and number of feeds will need to increase gradually. Each baby will progress at his/her own rate. By responding to your baby you will know how much he/she needs. Although spoon-feeding can be a somewhat messy affair initially, little by little, as the baby masters the technique, the amount of food which is actually eaten increases. Eventually, some food should be given at least three times a day with your baby's usual milk. As the food intake increases, the baby will drink less milk. Small snacks, for example, fruit or rusks, may be offered between meals. Small babies are not able to eat big meals but by eating frequently they can get all the energy they need for growth.





WHERE can I get information about beef and lamb

Information on tips for storing raw meat safely, cooking times and more recipes can be found on our website;
www.lovebeefandlamb.com

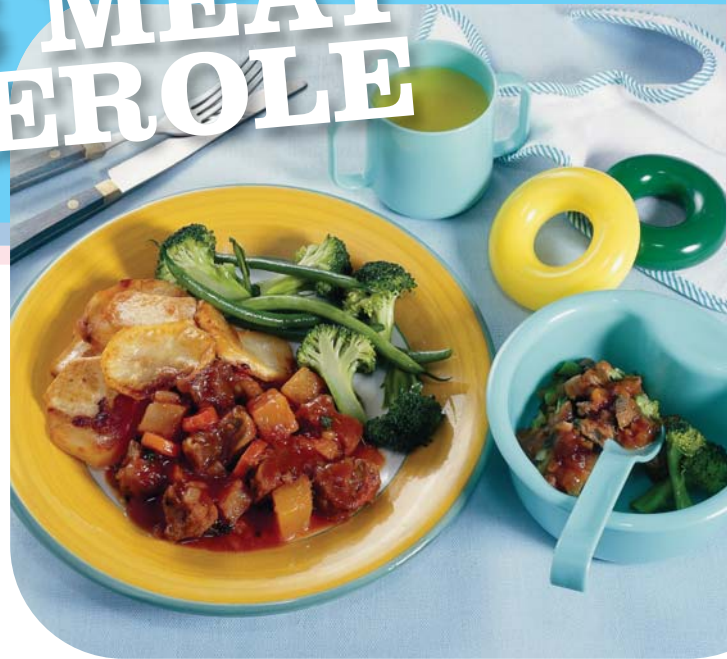


Helpful references

- 1** DHSSPS. Information for Health Professionals on Infant Feeding. Belfast: DHSSPS, 2004.
- 2** Health Promotion Agency. Weaning made easy. Belfast: HPA, 2005
- 3** <http://www.salt.gov.uk>
- 4** Freeman VE *et al* (1998). *Public Health Nutr.* **1**, 93-100.
- 5** Thane CW *et al* (2000). *Public Health Nutr.* **3**, 433-40.

2 RECIPE

KIDDY'S MEAT CASSEROLE



SERVES 3-4 adults (see the section on how much food does my baby need for baby portions)
Cooking time: approx 1½ hours
Temp: Gas mark 4, 180°C, 350°F

Ingredients:

450g (1 lb) beef or lamb casserole cubes
450 g peas
½ small swede, peeled and cubed
2 carrots, chopped
1 onion, chopped
2 x 15 ml (2 tbsp) tomato puree
300 ml (½ pt) water
2 large potatoes, thinly sliced
1 x 5 ml sp (1 tsp) oil

Method:

In a large casserole dish, mix together the meat, peas, swede, carrots, onion and tomato puree. Stir the water into the casserole mix. Cover, place in a preheated oven for ½ hour. Remove the casserole from the oven, and top with sliced potatoes, brush with oil. Return to the oven uncovered for 1 hour. Serve with a large portion of seasonal vegetables.

Typical nutrient content (per 100 g):

Energy (kJ)	327	Fat (g)	2.4
Energy (kcal)	78	Iron (mg)	0.77



Suitable from 6½ months:

At 6½ months Blend the casserole to a smooth puree

7-9 months Blend the meat mixture or mash with a fork and serve with chopped potato slices and steamed mashed vegetables

9-12 months Chop or mash the large pieces of meat and vegetables



HOT TIP:

Non-vegetarians should include red meat 2 times per week

3 RECIPE

BABY MEAT & VEG BURGERS



MAKES 8 mini burgers (see section on how much food does my baby need for baby portions)
Cooking time: approx 10-14 minutes

Ingredients:

225g (8 oz) lean minced beef or lamb
1 medium potato, peeled, halved and grated
1 small carrot, finely grated
1 x 5 ml sp (1 tsp) tomato ketchup
Black pepper

Method:

Boil grated potato in water for 5 minutes. Rinse and drain well. Place all ingredients in a bowl and mix well with a fork. Divide mixture into 8 and shape into mini burgers. Cook under a pre-heated grill for approx 5-7 minutes each side, turning burgers carefully. Serve with salad and bread or pitta bread.

NOTE: If making larger burgers increase cooking time to 6-8 minutes each side.

Typical nutrient content (per 100 g):

Energy (kJ)	559	Fat (g)	6.4
Energy (kcal)	133	Iron (mg)	1.54



Suitable from 6½ months:

At 6½ months Blend the burgers until they are a smooth puree and serve with pureed potato and vegetables or baked beans (*reduced salt variety*)

7-9 months Mash the burgers with a fork to the desired consistency and serve with mashed potato and vegetables or baked beans

9-12 months The burgers can be given as finger foods with pieces of bread and steamed vegetable sticks



HOT TIP:

Weaning foods should not be introduced into your baby's diet until 6 months of age.

4 RECIPE

MINCE & PASTA BAKE



Serves 3 - 4 adults (see section on how much food does my baby need for baby portions)
Cooking time: Approximately 20 minutes
Temp: Gas mark 6, 200°C, 400°F

Ingredients:

450g (1 lb) lean minced beef, lamb
1 onion chopped
2 courgettes chopped
150g (5oz) mushrooms
400g can chopped tomatoes
1x5ml sp (1 tsp) dried mixed herbs

Topping

225g (8oz) pasta shapes
200g (7oz) cream cheese
50g (2oz) cheese grated

Method:

In a large non-stick saucepan, dry fry the mince until browned. Meanwhile, boil the pasta according to the packet instructions. Add the onion, courgette and mushroom to the meat and continue cooking for 2-3 minutes. Stir in the remaining ingredients and bring to the boil. Place in an ovenproof dish. Drain the pasta and stir in the cream cheese and ½ the grated cheese. Place on top of the meat mixture, sprinkle with the remaining cheese. Bake in a preheated oven for 15-20 minutes until golden brown. Serve with a tomato and onion salad.

Typical nutrient content (per 100 g):

Energy (kJ)	640	Fat (g)	9.2
Energy (kcal)	155	Iron (mg)	0.96



Suitable from 6½ months:

At 6½ months Blend the mince, pasta, vegetables and tomato into a smooth puree

7 -9 months Mash the mince, pasta, vegetables and tomato with a fork to the desired consistency

9-12 months Chop or mash the large pieces of the meat, pasta and vegetables

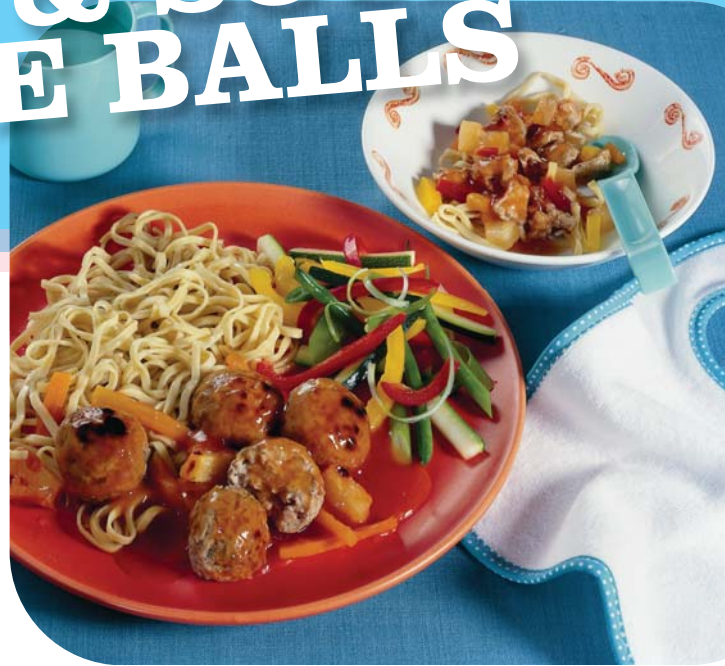


HOT TIP:

Information on how to buy, store, prepare and cook beef and lamb can be found on www.lovebeefandlamb.com



SWEET & SOUR BABY MINCE BALLS



Serves 3-4 adults (see section on how much food does my baby need for baby portions)
Cooking time: approx. 20-35 minutes
Temp: Gas mark 6, 200°C, 400°F

Ingredients:

450 g (1 lb) lean minced beef or lamb
1 carrot, peeled and cut into thin strips

For the sauce

225 g can pineapple pieces in natural juice
150 ml (¼ pt) orange juice
3 x 15 ml sp (3 tbsp) tomato ketchup
1 x 15 ml (1 tbsp) malt vinegar
1 x 15 ml (1 tbsp) cornflour

Method:

Shape the mince into 25 g (1 oz) walnut size balls. Place balls into an ovenproof dish with the carrot. For the sauce, blend all of the ingredients together and pour over the meat. Place in a preheated oven for 20-25 minutes, until the sauce is thickened and glossy. Serve with stir-fried vegetables and noodles.

Tip: Substitute the sauce for a jar of a sweet and sour sauce, look for a low salt variety

Option: Alternatively, mince could be shaped into 4-6 burgers and grilled for 4-6 minutes each side, or until thoroughly cooked and piping hot (juices should run clear). Serve with sweet and sour sauce.

Typical nutrient content (per 100 g):

Energy (kJ)	342	Fat (g)	1.6
Energy (kcal)	81	Iron (mg)	0.51



Suitable from 6½ months:

At 6½ months Blend the meat balls until they are smooth puree, and serve with pureed vegetables.

7-9 months Mash the mince balls with a fork to the desired consistency and serve with mashed steamed vegetables

9-12 months Break up the balls into small pieces and serve with mashed steamed vegetables and chopped noodles



HOT TIP:

When preparing weaning foods/meals for your baby, you should NOT add salt, sugar or honey. Nuts should not be given until the child is 5 years old

