

## WEANING

At 5-6 months your child is usually ready to eat also solid foods. Milk (breast or formula) continues to be very important at this age.

Don't worry when the baby doesn't want eat more than a few spoons.

### How to prepare baby food

Combine carrots , potatoes and zucchinis and boil them into the water. Then put some spoons of powder rice or “corn and tapioca” into the vegetables broth and add one spoon of olive oil and one spoon of parmesan cheese.

After few days you can add meat into your baby food (30g of chicken, rabbit or turkey or beef steam cooked and then pureed or chopped). You can also use fresh fish instead of meat. Then you can add also pureed vegetables.

As cereals you can also use semolina and very little pasta or rice few weeks later the beginning of weaning, instead of rice powder and corn and tapioca powder.

In the afternoon you can give to your baby fruits like apple pear banana and other fruits like plums , apricots and peaches; if the baby likes you can give whole milk yogurt with fruit.