



How to feed your Baby

0-24 months

& support their
**Immunity, Gut Health
& Brain Development**



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1. Introduction

Welcome to Super Nutrition

Dear Parent,

Congratulations on taking a significant step towards ensuring your child's optimal health through nutrition. This book is designed to provide you with evidence-based, practical information on how to start feeding your baby and continue offering foods that will support their lifelong well-being. By nourishing our children with healthy foods now, we are not only enhancing their individual health but also contributing to a healthier world for future generations.

I firmly believe that nurturing and caring for children is the only way to human progress. The new generations will likely be smarter and more capable than us, partly due to access to a variety of nutritious foods, as well as technological and scientific advancements. These young minds might solve the world's most pressing problems, such as hunger, inequality, and ecological challenges—issues that we and our ancestors have grappled with.

Thank you for joining me on this journey to improve the lives of our little ones and create a better future. Together, we can make a meaningful impact on the health and well-being of our children and the world they will inherit.

Jovana Tomic Poepelt

Author, Mom & MSc in Food Science



About “ SuperMiniEats ”

Super Mini Eats - Super Nutrition for Babies & Kids, founded by a mom of two with a Master of Science in Food Science, a Child Nutrition Diploma, and a Certificate in Nutrition for Breastfeeding, is dedicated to revolutionizing early childhood nutrition. We combine the latest scientific research with practical solutions for busy parents.

Our mission is to empower new parents worldwide with accessible, evidence-based nutrition solutions that emphasize whole and locally sourced foods to support immunity, gut health, and brain development in children.

Committed to social good, Super Mini Eats pledges 5% of this Guide's sales to UNICEF, an organization dedicated to improving the well-being of children globally.



Importance of Nutrition in Early Childhood

Nutrition in early childhood is crucial for overall development, as it provides the essential building blocks for physical growth, brain development, gut health, and long-term health. During the first two years, children experience rapid growth, requiring proteins for tissue repair, fats for brain development and vitamin absorption, carbohydrates for energy, prebiotics for gut health, and vitamins and minerals like iron, calcium, and zinc for cognitive and immune function. Adequate nutrition supports a healthy gut microbiome, which is closely linked to brain health, mood regulation, and cognitive function. Proper nutrition helps prevent issues such as stunted growth, weakened immune systems, and obesity, which can lead to chronic conditions later in life. Introducing a variety of whole, natural foods early on promotes healthy eating habits, reduces the risk of allergies, and encourages a positive relationship with food, setting the foundation for lifelong well-being.



6. Feeding

Place small pieces of food directly into your baby's mouth, so they experience the act of chewing. If a piece of food is too large, encourage them to spit it out by demonstrating with your own tongue or by offering your hand under their chin. Do not allow your toddler to choke or to be gulped with food in their mouth. Ensure that your toddler is well-seated before offering any food, and avoid giving toddlers food to eat while in a moving vehicle or car seat until they are at least 48 months old, and preferably longer. Always supervise your toddler while they are eating.

6. Your Toddler

Your toddler will eat the right amount for their toddler if they are allowed to eat food. Let them eat as much as they want, and respect their decision if they choose not to eat. Be patient and focus on self-feeding and exploration rather than the quantity of food consumed. This will come naturally. Refuse rudeness. If your child refuses to eat, do not react or show it greatly. Stay in the room and wait. The urge to prepare a new meal or offer alternative foods immediately.

6. Avoid Emotional Feeding

To reduce the risk of emotional eating, do not offer food as a way to comfort your child when they are unhappy or distressed. This can create an association between food and emotional comfort. Offer feeding to emotionally eating toddlers later in life. Instead, use other methods to comfort and soothe your child, such as cuddling, talking, or engaging in a favorite activity. It is also beneficial to offer the emotion, such as saying, "You feel angry," or "You feel sad." This helps them learn to be part of the team to managing and able to controlling the emotion.



•	Protein-rich oatmeal with pureed beef	Starchy foods with small pieces	Soft proteins	Protein-rich oatmeal with banana & rice
•	Whole grain toast strips with purees	Mashed fruit & puree	Mashed meats	Starchy foods with small pieces
•	Scrambled eggs with soft fruits/veggies	Mashed veg with mashes	Mashed vegetables in soup	Mashed fruit & puree
•	Super food smoothie, rice, oatmeal with soft grains	Mashed with puree, rice, soft grains, butter and olive oil	Soft vegetables	Protein-rich oatmeal with eggs

Encouraging Independence: 10-12 Months

As your baby approaches their first birthday, they are likely developing stronger food preferences and a desire for independence. This newfound autonomy often manifests in food refusal, throwing food, and being more selective about what they eat. These behaviors are normal and part of their development. It's essential to offer a variety of foods without pressuring them to eat, keeping mealtimes positive and stress-free.

Babies at this age can handle more complex textures and a wider variety of family meals. Introduce them to new flavors and dishes that the family enjoys, ensuring the foods are appropriately prepared for their developing chewing and swallowing skills.

Sample Meal Ideas

Breakfast: Offer small, soft pieces of scrambled eggs mixed with finely chopped vegetables or the porridge made with whole grain flour.

Lunch: Serve soft-cooked pasta shapes like rotini or penne, mixed with a simple tomato sauce and small, soft vegetables.

Dinner: Include them in family meals such as mild curries, stir-fries, and casseroles, cutting into a portion with little or no added salt. Close to their first birthday, treat them with a pizza.

Snacks: Offer small pieces of fruit, cottage cheese, smoothies, soft muffins, biscuits.



Food Allergen	Common Sources	Hidden Sources	Preparation Advice	Notes
Egg	Egg is often used in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches) Egg whites are used in: Meringues Whipped cream Foam (for cocktails, desserts)	Baking: often used in cakes, cookies, pastries. Hidden: often found in salad dressings, marinades, soups, and processed meats. Ready-to-eat: often found in pre-packaged meals, frozen pizzas, and instant noodle soups.	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)
Milk	Milk is often used in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches) Egg whites are used in: Meringues Whipped cream Foam (for cocktails, desserts)	Baking: often used in cakes, cookies, pastries. Hidden: often found in salad dressings, marinades, soups, and processed meats. Ready-to-eat: often found in pre-packaged meals, frozen pizzas, and instant noodle soups.	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)
Wheat	Wheat is often used in: Baking (bread, pasta, cereals) Desserts (cakes, cookies, pastries) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches) Egg whites are used in: Meringues Whipped cream Foam (for cocktails, desserts)	Baking: often used in cakes, cookies, pastries. Hidden: often found in salad dressings, marinades, soups, and processed meats. Ready-to-eat: often found in pre-packaged meals, frozen pizzas, and instant noodle soups.	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)	Egg is often found in: Baking (cakes, cookies, pastries) Desserts (ice cream, pudding) Sauces (mayonnaise, hollandaise) Dressings (catalina, ranch) Batters (for frying) Fillings (for pastries, sandwiches)

Once the allergen is safely introduced, and no reactions occurred, babies need to regularly include it in your baby's diet. Regular and varied exposure is key to maintaining tolerance.

If your baby has any reaction to one of the allergens, consult your pediatrician. If your baby shows multiple symptoms, contact emergency medical care immediately.

