

Food Swaps for Infants & Toddlers:

Sweet Swap Ideas:

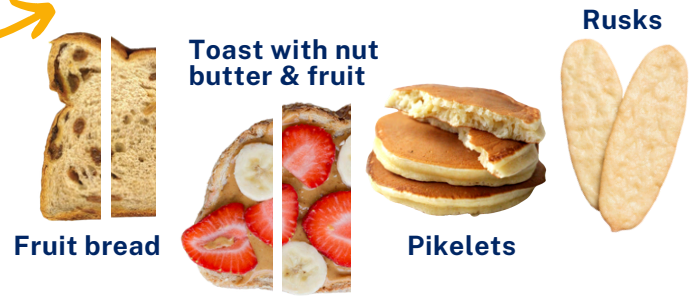
Swap out

Biscuits, Cakes & Pastries



Other examples include banana bread, slices, danishes & croissants.

Toast, Pikelets, Rusks



Smooth peanut/nut butters without added sugar or salt are best for young children.

Frozen Treats



Other examples include sorbet & frozen yoghurt.

Dairy Foods or Alternatives



Reduced fat dairy products aren't recommended for infants & toddlers under 2 years of age. Homemade custard without added sugar is best.

Confectionary



Sticky foods like fruit straps/bars & lollies also aren't recommended for healthy teeth. Hard, jelly & chocolate button shaped lollies & very chewy, sticky foods such as fruit bars are a choking risk.

Fruit



Safety tip: To prevent choking, cook raw hard fruit (e.g. apples), chop (or squash) small round fruit such as blueberries, & quarter round fruit such as grapes.

Sugary Drinks



It's also not recommended to add sugar or honey to infants or toddlers milk.

Breastmilk, Infant Formula, Milk, & Water



Food Swaps for Infants & Toddlers:

Savoury Swap Ideas:

Swap out

Swap in

Salty Snacks

Crackers with processed cheese (snack pack)



Salty crackers & pretzels



Chips

Puffed snacks

Rusks, Veggie Sticks with Cheese & Dip



Rusks



Veg



Grated cheese



Hummus

Safety tip: cook hard raw veg (e.g. steam carrot sticks), quarter tomatoes

Processed Meats



Sausages



Salami



Luncheon meat

These options are high in salt & can be high in fat. Other examples include fritz, frankfurts, & devon. Sausages are also a choking risk for babies.

Meats & Alternatives

Lean meat



Poultry



Egg

Baked beans



Tuna

Tofu

Reduced salt versions of canned foods are recommended. **Safety tip:** Make sure egg is cooked well so your baby doesn't get sick.

Pastries

Sausage Roll



Meat Pie



Quiche



Samosa

Other examples include cheese & spinach triangles & spring rolls.

Meat, Egg or Legume Dishes with Bread



Roti



Pita



Meatballs

Falafels

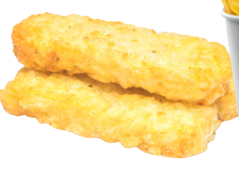


Mini fittata

Safety tip: Meatballs made from minced meat can be broken into smaller pieces.

Fried Potato Products

Hash brown



Hot chips/fries

Potato gems



Other examples include wedges & scallops.

Cooked Veg (e.g. boiled, baked, steamed)



Potato



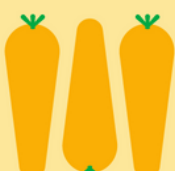
Sweet potato



Cauliflower

Broccoli

Carrot



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Food Swaps for Infants & Toddlers:

Meal Ideas:

Swap out

Pasta with Processed Meat or Cream (e.g. creamy carbonara)

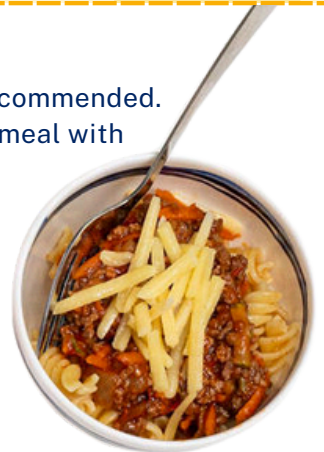
Creamy sauces & processed meats are high in saturated fat & salt.



Spaghetti Bolognese

Wholemeal pasta is recommended. You can even try half wholemeal with half white pasta & increase over time!

Boost the veg content with added lentils, celery, grated carrot & zucchini.



Instant Flavoured Noodles



The flavour sachet in instant noodles is very high in salt.

You can also leave out the salty seasoning pack in instant noodles & add extra veggies (frozen are great too!)

Stir fry



Serve baby's (under 12 months) portion before adding sauces such as soy sauce or sweet chilli sauce which are high in added salt or sugar. Reduced-salt sauces are best.

Nachos with Corn Chips & Sour Cream

Avocado is a good swap for sour cream & is packed with healthy fats.

You can also make your own "nachos" with pita chips.

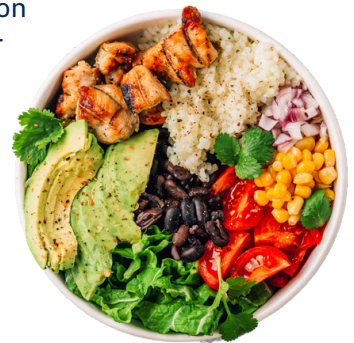


Burrito Bowl

Remove baby's portion before adding salt or spicy ingredients.

Reduced salt versions of canned foods are recommended.

Using legumes, brown rice, & lots of veg makes this a high fibre meal.



Commercial Burgers, or Burger with Crumbed or Processed Meat



Examples of crumbed foods include nuggets, tenders & schnitzels.

These options are high in saturated fat.

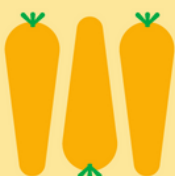
Wraps or Rolls with Lean Meat or Meat Alternatives

Wrap with lean meat, salad & cheese

Wholemeal bread has more fibre & iron.



Pita with falafel, tzatziki & salad



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Food Swaps for Infants & Toddlers:

Other Swap Ideas:

Swap out

Salty or Sugary Spreads



Yeast-based spread

Yeast-based spreads (e.g. Vegemite, Promite, Marmite) are particularly salty for infants under 12 months while their kidneys are still developing.



Jam



Chocolate spread

Veg-Based Spreads



Plain toast



Tzatziki



Cottage cheese



Hummus



Avocado

Added Salt



Salt content can be very high in condiments or sauces, including soy sauce as well as stock. It's best to remove babies (under 12 months) portion before serving, and/or using salt-reduced options.

Herbs & Spices (if needed)



Infants have sensitive taste buds, so you can simply skip the salt. If you would like, add a **small amount** of herbs or spices (look for those without added salt).

Added Sugar



Honey



Maple syrup



Sugar

These sugary options aren't recommended as everyday foods for teeth health. Honey is not recommended under 12 months as it can make babies very sick.

Flavour with Fruit or Sweet Veg



Mashed banana



Apple puree



Puree sweet potato or pumpkin

If using canned fruit, options in fruit juice are best.



What about commercial baby foods?

These options are okay sometimes. This resource has some great tips for choosing commercial baby foods, including squeezy pouch foods:

<https://goodforkids.nsw.gov.au/media/2256/label-reading-choosing-food-products.pdf>

Home-made food is recommended where possible. It provides infants with a greater variety of textures, flavours and colours. Babies may be more likely to enjoy family foods as well.



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