

# THE wean machine™

## Food 'Squidgometer'

We've had a lot of fun playing with our Wean Machines, made lots of Guacamole for ourselves, and come up with a 'Squidgometer' of foods you could try preparing for your baby - it's not an exhaustive list, just a starting point. With time, you, your baby and your Wean Machine will doubtless enjoy endless food experiments.

For best results, use your Wean Machine with ripe or well cooked foods.

Wean Machine Squidgometer	Ripe and raw	Cooked, cleaned or canned
<b>A big green light - Working exceptionally well</b>	Avocado Banana Blueberry Kiwi Mango Raspberry Strawberry	Apple Apple porridge Apricot Broccoli Butternut squash Carrot Cauliflower Cauliflower cheese Cottage pie Egg Lasagne Lentil Stew Macaroni cheese Mild curry with rice Minestrone soup Pasta in sauce Peach crumble Pear Plum Potato Ravioli Spaghetti Bolognese Stuffed baked tomatoes Tuna pasta bake Yam
<b>Amber gambler, give it a go - not every variety will work, but most will</b>	Grapefruit Melon Nectarine Oranges Peach Pear Pineapple	Aubergine Beetroot (splash guard recommended!) Courgette Fish Fish fingers Lentils and Pulses Mushroom Pumpkin Sausages Swede
<b>Red, no go - far too tough or stringy to get a good squidge</b>	Celery Cucumber Dried Fruits Grapes Lettuce Peas Radish Tomatoes Uncooked apple	Cabbage Chicken wings Green Beans Offal Pizza Peas T-bone steak Un-minced Meat

### Foods to Avoid

Food trends change frequently and science is evolving from day to day. Current recommendations of foods to avoid with your baby include;

Salt	It is important not to add salt. If you are preparing food for the family, season once served; it's a good habit to get into as too much salt isn't good for any member of the family.
Sugar	Sugar should not be encouraged as it can develop a desire for