

Diet Diversity Plan – UK/US Foods:

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut butter and yoghurt	Cashew butter and walnut butter	Egg and sesame	Peanut butter	Egg and walnut butter	Yoghurt	Cashew butter and sesame
Breakfast	2 TB baby porridge/oatmeal 1 TB homemade apple puree/mash/baked apple slices with 1 tsp. peanut butter	2 TB whole wheat baby cereal (e.g. Weetabix or cream of wheat) with 1-2 tsp. cashew butter 1 TB blue berry puree	2 TB Barley baby cereal 1 TB strawberry puree	2 TB Multigrain Baby Cereal with 1 tsp. peanut butter 1TB apricot puree	2 TB brown rice baby cereal 1 TB mango puree	2 TB quinoa Baby cereal 1 TB prune puree	2 TB Amaranth Baby Cereal 1 tsp. cashew butter 1 TB melon
Lunch	2 TB sweet potato puree/mashed/softly cooked slices 1 TB banana puree/strips 1 TB Pureed meat/softly cooked meat	1 TB spinach puree/mashed 1 TB Pureed/softly cooked chicken	1 TB green pea puree 1-2 TB well cooked egg	2 TB cauliflower puree/softly cooked cauliflower 1 TB Mashed/chunky salmon	2 TB kale puree 1-2 TB well cooked egg	1 TB lentil puree/softly cooked lentils 1 TB carrots 2.5 tsp. yoghurt	1 TB broccoli puree/softly cooked broccoli 1 TB Pork puree/softly pork
Dinner	1 TB Mango puree/slices 1-2 TB yoghurt	1 TB Mashed avocado/avocado spears ¾ - 1 ½ tsp. walnut butter	1 TB mashed zucchini/softly cooked slices ½ - 1 tsp. tahini	1 TB cooked dried beans 1 TB raspberry pureed/mashed/soft fruit	1 TB Mashed or sliced pear ¼ - 1 ½ tsp. walnut butter	Softly cooked or baked polenta slices 1 TB Cooked pureed/mashed or chunky tomato sauce	1 TB mashed parsnip or turnip/softly cooked slices ½ - 1 tsp. tahini

Legend: Figure provides a diet diversity plan for an infant 7-9 months providing at least 30 plant-based food, 6 food allergens and protein sources from Fish, poultry, beef, pork, lentils, beans per week. Submitted for publication: The encyclopedia of food allergy. Venter C. Ed. Perkin M; Sicherer S. TB = Tablespoon(s), tsp = teaspoon(s)

Diet Diversity Plan – African Foods:

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut butter and yoghurt	Cashew butter and walnut butter	Egg and sesame	Peanut butter	Egg and walnut butter	Yoghurt	Cashew butter and sesame
Breakfast	2 TB baby porridge (maize) 1 TB homemade apple puree/mash/baked apple slices with 1 tsp. peanut butter or peanut soup	2 TB maltabella/sorghum, cereal with 1-2 tsp. cashew butter 1 TB blueberry puree	2 TB Barley baby cereal 1 TB strawberry puree	2 TB Multigrain Baby Cereal with 1 tsp. peanut butter 1 TB apricot puree	2 TB brown rice baby cereal 1 TB mango puree	2 TB samp (maize) Baby cereal 1 TB prune puree	2 TB Amaranth Baby Cereal 1 tsp. cashew butter 1 TB melon
Lunch	2 TB sweet potato or yam puree/mashed/softly cooked slices 1 TB banana puree/strips 1 TB Pureed meat/softly cooked meat	1 TB spinach or dandelion puree/mashed 1 TB Pureed/softly cooked chicken	1 TB green pea puree or collards 1-2 TB well cooked egg	2 TB cauliflower or okra puree/softly cooked cauliflower 1 TB Mashed/chunky salmon	2 TB kale puree or mustard greens 1-2 TB well cooked egg	1 TB lentil puree/softly cooked lentils 1 TB carrots 2.5 tsp. yoghurt	1 TB broccoli puree/softly cooked broccoli 1 TB Pork puree/softly pork
Dinner	1 TB pineapple puree/slices 1-2 TB yoghurt	1 TB Mashed avocado/avocado spears or baby-safe orange pieces ¾ - 1 ½ tsp. walnut butter	1 TB mashed zucchini/softly cooked slices ½ - 1 tsp. tahini	1 TB cooked dried beans 1 TB raspberry pureed/mashed/soft fruit	1 TB Mashed or sliced pear or watermelon. ¾ - 1 ½ tsp. walnut butter	Softly cooked or baked polenta slices or maize meal 1 TB Cooked pureed/mashed or chunky tomato sauce	1 TB mashed parsnip or turnips/softly cooked slices ½ - 1 tsp. tahini

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Diet Diversity Plan – Asian Foods:

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut butter and yoghurt	Cashew butter and walnut butter	Egg and sesame	Peanut butter and soy	Egg and walnut butter	Yoghurt and soy	Cashew butter and sesame
Breakfast	2 TB white rice 1 TB homemade apple puree/mash/baked apple slices with 1 tsp. peanut butter	2 TB Boiled brown rice with 1-2 tsp. cashew butter 1 TB pitted cherry puree	2 TB Oat baby Cereal 1 TB pineapple puree	2 TB Multigrain Baby Cereal with 1 tsp. peanut butter 1 TB apricot puree	2 TB brown rice Baby cereal 1 TB mango puree	2 TB quinoa Baby cereal 1 TB prune puree	2 TB brown rice Baby Cereal 1 tsp. cashew butter 1 TB peach puree
Lunch	2 TB roasted sweet potato puree/mashed/softly cooked slices 1 TB banana puree/strips 1 TB Pureed meat/softly cooked meat	1 TB spinach puree/mashed 1 TB Pureed/boiled/shredded chicken	1 TB napa cabbage 1-2 TB tomato egg	2 TB puree/softly cooked cauliflower 1 TB Mashed/chunky salmon	2 TB watercress puree 1-2 TB water steamed egg	1 TB soybean sprouts 1 TB carrots 2.5 tsp. yoghurt	1 TB broccoli puree/softly cooked broccoli 1 TB Pork puree/pulled pork
Dinner	1 TB mung bean sprout puree 1 TB Mango puree/slices 1-2 TB yoghurt	1 TB kabocha squash ¾ - 1 ½ tsp. walnut butter	1 TB mashed zucchini/softly cooked slices ½ - 1 tsp. sesame in sesame noodles	1 TB soybean sprouts 1 TB raspberry pureed/mashed/soft fruit	1 TB Mashed or sliced pear ¾ - 1 ½ tsp. walnut butter	Softly cooked noodles (rice or wheat) 1 TB Cooked pureed/mashed or chunky tomato sauce	1 TB green peas ½ - 1 tsp. sesame paste stir into vegetable puree

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Diet Diversity Plan – Indian/Vegetarian:

	7- 9 months plus						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allergen	Peanut butter and yoghurt	Cashew butter and walnut butter	Egg and sesame	Peanut butter	Egg and walnut butter	Yoghurt	Cashew butter and sesame
Breakfast	2 TB baby porridge (oat) 1 TB homemade apple puree/mash/baked apple slices with 1 tsp. peanut butter	2 TB Ragi (finger millet) with 1-2 tsp. cashew butter 1 TB sapota puree	2 TB Barley baby cereal 1 TB pumpkin puree	Idli (rice cakes) with 1 tsp. peanut chutney 1TB beetroot puree	2 TB brown rice baby cereal 1 TB mango puree	2 TB yoghurt mixed with rice 1 TB guava puree	2 TB Jowar Porridge 1 TB mashed carrot/softly cooked slices 1 TB papaya puree
Lunch	2 TB potato puree/mashed/softly cooked slices 1 TB banana puree/strips 1 TB Moong dal (lentils) with white rice	Khichdi (rice and lentil stew) with mashed spinach	1 TB green pea puree 1-2 TB well cooked egg bhurji (scrambled eggs with spices)	2 TB cauliflower puree/softly cooked cauliflower Toor dal (lentils) with white rice	2 TB kale puree 1-2 TB well cooked egg	1 TB lentil puree/softly cooked lentils with tomato and rice 2.5 tsp. yoghurt	1 TB broccoli puree/softly cooked broccoli 1 TB Urad dal (lentils) with white rice
Dinner	1 TB Mango puree/slices 1-2 TB yoghurt	1 TB Mashed avocado/avocado spears ¼ - 1 ½ tsp. walnut butter	1 TB mashed bottle gourd/softly cooked slices ½ - 1 tsp. tahini	1 TB cooked dried beans 1 TB raspberry pureed/mashed/soft fruit	1 TB Mashed or sliced pear ¾ - 1 ½ tsp. walnut butter (can find/use this is vegetable korma)	White rice with softly cooked ridge gourd	1 TB paneer butter masala (with Cashew bitter) ½ - 1 tsp. tahini

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