

## EATING



**Q** My 30-month-old is intolerant to dairy. Can you suggest some good ice-cream substitutes for him to enjoy this summer?

**CHARLOTTE BEVAN, WORCESTER**

The range of dairy-free products on the market is increasing rapidly, so if you look in the freezer section of any supermarket, you'll almost certainly find dairy-free ice creams. However, small children shouldn't be given too much sugar, so it should still be seen as a treat. You could make your own healthy alternative by blending a chopped, frozen banana for a few seconds until it resembles ice cream. Add flavours like cocoa powder or peanut butter to ring the changes. **PH**

Find some more healthy summer treats on page 102!

**Q** I'm starting to wean my six-month-old and my mum says to give him baby rice first. Is she right?

**LOUISA MOTTRAM, CAMBOURNE**

Once babies are six months old they can eat many adult foods: you don't need to stick to bland foods like baby rice. Most healthy meals can be blended, or if you are baby-led weaning, choose finger foods your baby can pick up himself. Load breadsticks with houmous or cut veg like cucumber or avocado into strips. Hard-boiled eggs in wedges are also a great first food, as they're packed with protein. Breast or formula milk should still be given alongside solids until he is one, to ensure he gets the nutrition he needs. **PH**



**Q** My baby is more settled when he feeds from my left boob, than from my right. Why, and what should I do?

**KARLA THOMAS, HAMILTON**

Your left breast may have a better supply, or a faster or slower let down of milk, which he may prefer. If he's more settled, it's likely he's getting a fuller tummy from that side. You can increase the milk supply of your right breast by feeding on that side more often, or expressing, until supply catches up with the left. There's a chance he simply feels more comfortable lying that way, too - after all, we all have our preferred positions to sleep! **PH** ➔

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