



Good grub: Como mother and dietitian Joanne Turner with daughter Isabella, 1

Picture: Simon Bullard

Parents 'tricked' into bad baby food

Xanthe Kleinig

DIETITIANS warn mothers are being fooled into using sugary, high fat baby foods, which are compromising their child's nutrition.

Research into infants' eating habits by the Australian Institute of Health and Welfare has found diets high in kilojoules, salt, sugar and saturated fats.

Paediatric dietitian Susie Burrell said

new parents need better information on when heavier textures and sweet flavours should be introduced.

"If sweet foods are introduced before the savoury vegetables and meats, the babies will learn not to eat them," Ms Burrell said.

"Kids' needs are so simple — they just need the mashed version of whatever you are having." In a shelf survey of major supermarkets, *The*

Daily Telegraph found one-third of baby food aisles were stocked with desserts and juices — both singled out for blame by dietitians.

Como mother Joanne Turner is a dietitian so passionate about baby health she designed her own range, Bub Grub, which she feeds to daughter Isabella, 1. "I suppose I'm being overprotective of her but I want to give her the best start in life," she said.