

Special Diets Checklist
Aug-19
This checklist shows which products contain certain substances that most commonly cause allergies or intolerances. Please note: this information was correct at the time of publication. However, recipes may change so always check product packaging for the latest information.

	GLUTEN FREE		NO ADDED EGG	NO ADDED SOYA	NO ADDED PEANUTS	NO ADDED CELERIAC/ CELERY	NO ADDED FISH	NO ADDED CRUSTACEANS	NO ADDED NUTS	NO ADDED SESAME SEEDS	NO SULPHITES at concentrations of more than 10 mg/kg or 10 mg/l	NO ADDED MUSTARD	NO ADDED LUPINS		SUITABLE FOR VEGETARIANS
Stage 1 Dried Breakfast Cereals															
HiPP Organic Baby Rice	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Hipp Creamy Rice & Apple															
Breakfast	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х
Stage 1 Dried Breakfast Cereals—from about 6 months															
Hipp Creamy Porridge	Х	X	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х
Hipp Fruity Porridge	Х	X	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х
Stage 1 Breakfast Jars—from a	bout 4 mont	hs													
Banana Breakfast	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 1 Breakfast Jars - from a	bout 6 montl	hs													
Creamed Breakfast Porridge	Х	X	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Banana Yogurt Breakfast	٧	X	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 1 Dessert Jars—from about	out 4 months	1													_
Banana, Pear & Mango	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	√
Apple	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Pear	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	√
Apple & Blueberry	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple & Pear	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	√
Banana & Peach	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 1 'Just Fruit' Fruit Pots—	-from about 4	4 months													
Apple & Pear	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	√
Apple with Peach and Mango	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple, Strawberry & Blueberry	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 1 Savoury Jars—from ab	out 4 months	S													
Carrots & Potatoes	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Carrots, Cauliflower & Peas	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Tasty Vegetable Risotto	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 1 100% Fruit Pouches—f		months													
Apple-Pear-Banana	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple-Banana-Strawberry	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Banana-Pear-Mango	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple-Mango-Peach	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple-Peach-Blueberry-															
Raspberry	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Plum-Blackcurrant & Pear	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Pear, Banana & Kiwi (from 6 months)	٧	٧	٧	٧	٧	٧	٧	٧	٧	V	٧	٧	٧	٧	V

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Stage 1 Fruits and Cereal Pour				00.71		0		0.000.7.0270		02220	ingrig or to mg/.		20:0	022000	720277447410
Apple-Blueberry-Banana muesli		Inomino													
with yoghurt	x	х	٧	٧	٧	٧	٧	V	٧	V	V	٧	٧	٧	٧
Apple-Banana-Raspberry with		^	•	·	•	·	•	•	•	· '	•	·	,	•	•
wholemeal cereals	x	V	٧	٧	٧	٧	٧	٧	٧	٧	V	٧	٧	٧	٧
Cherry-Banana and Apple with		1	•	•	•	•	•	•	•	· '	•	•	<u> </u>	<u> </u>	•
wholemeal cereals	x	٧	٧	٧	٧	٧	٧	٧	٧	٧	V	٧	٧	٧	٧
Apple & Peach Porridge	X	٧	٧	V	٧	٧	٧	٧	٧	V	٧	V	٧	√	٧
Mango with cereal in the fruit-		· ·	•	· ·	•	· ·	•	V	· ·	-	•	•	-	•	•
mix	x	٧	٧	٧	٧	٧	٧	٧	٧	V	V	٧	٧	٧	٧
			V	V	V	V	V	V	V	v	V	V	. v	V	V
Stage 1 Savoury Jars—from about 6 months Cheesy Potato and Spinach															
Bake	٧	x	V	٧	٧	٧	V	V	٧	٧	V	٧	٧	٧	٧
Dake	V	×	V V	V	ν	V	ν	ν	V	<u>ν</u>	V	V	<u>ν</u>	V	٧
Change Crimach & Datata Daka	l .												l ,		,
Cheesy Spinach & Potato Bake	٧	X	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Spaghetti Bolognese	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х
Daniel M. Tanasta & Comments															
Penne with Tomato & Courgette		Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Sweet Squash & Chicken	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
Vegetables with Rice & Chicken		٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
Stage 2 Dried Breakfast Cerea	ils - from abo	ut 7 months		1	1	1	1	ı	1			1			1
HiPP Organic Apple & Banana	x														
Swiss Style Muesli		٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Hipp Multigrain Apple Porridge	х	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
Stage 2 Breakfast Jars—from	7 months														
Breakfast layer strawberry															
cereal topped with yogurt	Х	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Breakfast layer tropical cereal															
topped with yogurt	Х	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Creamy Porridge	Х	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Stage 2 Savoury Jars—from a	bout 7 month	IS													
Spaghotti Polognoso		٧	v may contain traces of	٧	٧		٧	٧	٧	٧	٧	٧	٧	٧	
Spaghetti Bolognese	Х	V	egg	ν	ν	Х	ν	ν	ν	V	ν	ν	ν	ν	Х
Star Pasta with Butternut			√ may contain traces of												
Squash & Chicken	х	٧	egg	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	x
Pasta Italienne with Ham	x	٧	√ may contain traces of egg	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	x
Scrumptious Sunday Lunch	× √	٧	√ V	V √	V	V √	V	V	V √	V	V	V V	V	V	X
Solumphous Sulluay Lulion	V	V	V	V	L V	V	L V	ı v	V	v	V	V	v	V	٨

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Stage 2 Savoury Jars—from al	bout 7 month	S													
Spaghetti with Tomatoes & Mozzarella	x	x	√ may contain traces of egg	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Mozzarolia	^	_^	C 55	· ·	· ·	·	•	v	· ·	· ·	V	· ·	-	•	· ·
Vegetable Lasagne	x	x	√ may contain traces of egg	٧	٧	х	٧	٧	٧	٧	٧	٧	٧	٧	٧
Hearty cottage Pie	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
Carrot, salmon & dill risotto	٧	Х	٧	٧	٧	٧	Х	٧	٧	٧	٧	٧	٧	٧	х
Cheesy pasta bake	x	x	√ may contain traces of egg	٧	٧	٧	٧	V	٧	V	V	V	٧	٧	٧
Vegetables with Noodles &			√ may contain traces of												
Chicken	X	٧	egg	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	X
Stage 2 Dessert Jars—from 7								1			1				
Cocoa & Banana Dessert	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Rice Pudding with Apple & Pear Fruit layer mango & banana	٧	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
topped with yogurt	٧	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Strawberry & Raspberry Yogurt	٧	x	٧	٧	٧	٧	٧	√	٧	٧	√	٧	٧	٧	٧
Stage 2 'Fruit & Pieces' Fruit P	ots—from 7	months													
Apple & banana with apple pieces	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Apple & strawberry with pieces	√ Is - from abo	vt 10 month	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Hipp Organic Plum & Banana Muesli	x	V	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	V	٧	٧
	0 months		. *	•	, ,	. ,	, ,	· •	•	, ,		, ,			
Pasta Tomato Mozzarella	x	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
			√ may contain traces of												
Cheesy spinach tagliatelle	х	Х	egg	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Vegetables with Noodles & Chicken	x	٧	√ may contain traces of egg	٧	٧	V	٧	V	٧	٧	V	٧	٧	٧	×
	<u> </u>	'	~88	•	•	•	<u> </u>	·	•	•	i i	•	<u> </u>	'	n î
Risotto with turkey & vegetables	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х

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Stage 3 Tray Meals—from 12 n				,				,			,				
Ravioli with bolognese sauce	Х	Х	٧	٧	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	Х
Paella with mixed vegetables &															
chicken	٧	٧	٧	٧	V	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
Vegetable Risotto	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
spinach pasta bake with chicken	x	x	x	٧	٧	٧	٧	٧	٧	V	٧	٧	٧	V	x
Sweet potato & chicken	٧	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	Х
creamy potato and salmon pie	٧	х	٧	٧	٧	Х	х	٧	٧	٧	٧	٧	٧	٧	Х
Sweetcorn, chicken and ham															
pie	٧	x	٧	V	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	x
Shepherds Pie	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	х
Classic spaghetti bolognese	Х	٧	Х	٧	٧	Х	٧	٧	٧	٧	٧	٧	٧	٧	Х
Hearty Vegetable & Beef															
Casserole	٧	x	٧	V	٧	٧	V	V	٧	٧	V	٧	٧	٧	x
Scrumptious Lasagne	X	X	X	٧	٧	X	٧	V	٧	٧	V	٧	٧	٧	X
Potato, Pumpkin & Chicken				-			-		-	-			-	-	
Scrumble	٧	x	٧	V	V	V	V	V	٧	٧	V	V	٧	V	x
Vegetable & chicken risotto with	-			-			-		-	-			-	_	
peas	٧	х	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	x
Squiggly Spaghetti with tasty															
Tomato & Mozzarella Sauce	х	х	х	٧	٧	x	٧	٧	٧	٧	√	٧	٧	٧	√
Shell Pasta with Tomatoes &															
Courgettes	x	x	x	٧	٧	X	٧	٧	٧	٧	٧	٧	٧	٧	√
Alphabet pasta with sauce															
bolognese	х	٧	x	٧	٧	x	٧	٧	٧	٧	٧	٧	٧	٧	x
Baby Drinks—from 4 months	•	•	•							•				•	
Apple juice with mineral water	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧
Mixed fruit juice with mineral	,			,	,	,	,	,	,		,	,	,		,
water	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧