



## LIST OF FOODS APPROVED FOR CHILDREN WITH DEVELOPMENTAL DELAYS

**DISCLAIMER; THIS IS JUST A GENERAL LIST OF FOODS THAT ARE IDEAL FOR CHILDREN WITH DEVELOPMENTAL DELAYS.**

**SOME CHILDREN HAVE HYPERSENSITIVITIES TO CERTAIN SUBSTANCES IN FOOD; THUS, MAKING THAT FOOD ITEM INAPPROPRIATE FOR THEM. PLEASE KINDLY CONSULT WITH A CLINICAL NUTRITIONIST/DIETICIAN IF YOU ARE NOT SURE OF THE RIGHT FOOD COMBINATIONS THAT ARE IDEAL FOR YOUR CHILD.**

Acha/Fonio	Cucumber
Almonds, including almond butter and oil	Dates, fresh or dried without any additives (not soaked in syrup)
Apples	Dill, fresh or dried
Apricots, fresh or dried	Duck, fresh
Aubergine (eggplant)	Eggs, fresh
Avocados, including avocado oil	Fish, fresh or frozen, canned in its juice or oil
Bananas (ripe/semi ripe only with brown spots on the skin)	Garlic
Bambara	Ghee (mmshanu), homemade or organic
Beef, grass-fed fresh	Ginger root, fresh
Beets or beetroot	Grapefruit
Berries, all kinds	Grapes
Black, white and red pepper	Hazelnuts
Bok Choy	Herbal teas
Broccoli	Herbs, fresh or dried without additives
Butternut squash	Honey, natural
Brussels sprouts	Juices (freshly pressed from permitted fruit and vegetables)
Butter	Kale
Cabbage	Kiwi fruit
Feta cheese	Lamb, fresh or frozen
Carrots	Lemons
Cashew nuts, fresh only	Lentils
Cauliflower	Lettuce, all kinds
Cayenne pepper	Limes
Celery	Mangoes
Cheddar cheese	Melons
Cherries	Mushrooms
Chicken, organic fresh	Nut flour or ground nuts (usually ground, sprouted or blanched)
Coconut, fresh or dried (shredded) without any additives	Nutmeg
Coconut milk	Nuts, all kinds freshly shelled, not roasted, salted or coated (any roasting must be done)
Coconut oil	
Courgette (zucchini)	
Coriander, fresh or dried	

at home)  
Olive oil, virgin cold-pressed  
Onions  
Oranges  
Papayas (pawpaw)  
Plantain (semi-ripe/unripe flour)  
Parsley  
Peaches  
Homemade Peanut butter  
Peanuts, fresh or roasted in their shells  
Pears  
Pigeon peas (fio fio, waken-masar or waken-turawa in Hausa, and otili or otinli)  
Peas, dried split and fresh green  
Peppers (green, yellow, red, and orange)  
Pineapples, fresh  
Poultry, fresh or frozen  
Pumpkin  
Raisins  
Spirulina  
Shellfish, organic fresh or frozen  
Spices, single and pure without any additives  
Spinach  
Squash (summer and winter)  
Stilton cheese

Tangerines  
Organic teas  
Only fresh tomatoes (no canned tomatoes) paste or puree)  
Vinegar (cider or white); make sure there is no additive  
Walnuts  
Greek Yogurt, homemade or from reputable source using only fresh milk from grass-fed cows and not powdered milk  
Melon seed (egusi)  
Ewedu  
Scent leaves  
Ugu leaves  
Bitterleaf  
Soursop  
Soursop leaves  
Sage  
Zobo leaves  
All Nigerian local green vegetables  
Ogbono  
Oha leaves  
Shoko  
Miyankuka  
Baobab (kuka)  
Zucchini (courgette)