

Guide to introduction of solid food

This is a guide only, as all babies have their own needs and appetites.
Breast milk / formula remains the main milk drink until 12months
 Start with one new food at a time, introduce new foods each day or so.
 Prepare foods without adding salt or sugar.
 Start with 1 teaspoon, gradually increasing (2-3 tablespoons is considered a serve).

Around 6 MONTHS

Smooth to finely mashed, 1-2 meals, (after / between milk feeds)

Sips of water from a cup

Offer iron rich foods

Suggested first foods..infant cereal (with added iron), vegetables, fruit, meat, fish, chicken, cooked tofu and legumes

Move on to...traditional oats, egg, pasta, rice, nut pastes, full fat dairy foods such as cheese, yoghurt and cow's milk in cereal

Around 7 MONTHS

Quickly increase textures to coarsely mashed and pieces of food – assists with development

2-3 meals (between milk feeds)

Give small spoon to hold

Finger foods to try pieces of cooked vegetable, soft ripe fruit pieces, crusts, toast / bread

8-12 MONTHS

Continue finger food / chopped, cubed texture Transition to family food**3 meals (milk reducing)**

New things to try: herbs and spices, adult cereals eg. Weetbix (10months),

Breast milk / formula remains main milk drink until 12months

DRINKS : Encourage sips of boiled water from a cup. Drinks NOT recommended – Fruit juice, cordial, soft drinks, flavoured water, unpasteurised milks, soy milk, goat milk, rice / oat milks, caffeinated drinks, tea, coffee and herbal drinks

On weaning breast fed babies can go from breast to cup. Phase out bottles at 12-15 months

SAFETY PRECAUTIONS – Always sitting / supervised when eating.

No small hard foods (nuts, uncooked vegetables, hard lollies, popcorn, chips) under 5yrs.

Avoid raw egg and honey due to risks of bacteria

The Royal Children's Hospital (2013) "Food and Active Play in the First Year of Life", Department of Education and Early Childhood Development Melbourne
 National Health and Medical Research Council (2013) *Australian Dietary Guidelines*. Canberra: National Health and Medical Research Council.

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