



Introducing Solids

Food Tables

Stage 1 (around 6 months)

Initially, offering solids is about teaching your baby about eating and starting to provide extra iron, zinc, protein and vitamins. For this reason, solid foods should be offered after a breast or bottle feed, or at a separate time to milk feeds.

Start by offering a small amount (1-2 teaspoons) of solid food once per day and slowly build up the amount depending on your baby's appetite.

The food should be warm, slightly runny and smooth in texture.

It is important to introduce one food at a time and introduce new foods 3 days apart to ensure your baby has no reaction to the new foods. You might need to offer new foods up to 10 times before determining that your baby does not like them.

Once your baby is managing 2-4 tablespoons of food, you can offer food on another occasion.

Common First Foods:

<i>Baby cereals</i>	<i>Iron fortified rice cereal made into a smooth paste with breast milk, formula or water</i>
<i>Mashed/Pureed Vegetables</i>	<i>Potato, pumpkin, sweet potato, carrot, zucchini</i>
<i>Mashed/Pureed Fruit</i>	<i>Introduce after vegetables – well mashed banana, stewed apple, pear apricot or peaches, mashed rockmelon, watermelon, avocado</i>
<i>Pureed meats</i>	<i>Veal, lamb or chicken</i>

It is not necessary to add any salt, sugar or oils to your baby's food unless recommended to do so by a medical professional.

Stage 2 (7-9 months)

It is important to progress babies onto thicker and lumpier textures of food once they are tolerating a variety of pureed vegetables, fruits and meats to minimise the chance of any delay in feeding and speech development.

When trying lumpier and more textured foods, your baby may spit them out initially. Continue to encourage and try with these foods as your baby just needs some time to figure out what to do with them. Some babies like finger foods earlier than others.

<i>Cereals</i>	<i>Iron fortified rice and oat cereals, mixed baby cereals, baby muesli Sago Bite-sized pieces of bread/toast, rusks Pasta and rice</i>
<i>Vegetables</i>	<i>All vegetables Initially mash with a fork to a thick/lumpy texture and then cubes so that your baby can learn to chew and self-feed</i>
<i>Fruit</i>	<i>All fruits – removing all skins and pips Initially mash with a fork to a thick/lumpy texture and then offer ripe or lightly cooked so that your baby can learn to chew and self feed</i>
<i>Meat, fish, poultry, eggs, legumes</i>	<i>Offer moist and lumpier textures Minced beef, lamb, pork Finely chopped poultry Mashed tofu and well cooked legumes, lentils, soybeans Flaked fish or canned tuna (ensure no bones are present) Well mashed hard boiled egg yolk (if tolerated, introduce egg white)</i>
<i>Milk and Dairy foods</i>	<i>Continue with breast feeds or infant formula Full fat yoghurts or custards, white sauce, grated cheese, cottage cheese</i>

Stage 3 (from 9 months to 12 months)

By now, the solid component of your baby's diet is becoming more important than the milk. Your baby is likely to be feeding themselves which can range from picking up finger foods, to using a spoon or drinking from a sipper cup or open cup with assistance and these skills will develop over these months.

It is important to try to move your baby toward family foods over these months and producing texture appropriate versions of family meals will help you get to the point where the whole family is eating the same food.

<i>Breads and Cereals</i>	<i>Avoid cereals high in sugar or salt Rolled oats or wheat biscuits (Weet-Bix/Vita-Britz) Toast pieces with a scrape of margarine or butter Variety of breads – wholemeal, sourdough, rye etc Small sandwiches with soft fillings – cream cheese, egg, tuna, yeast spread, hummos, avocado Rice – white and brown Pasta – all shapes Couscous</i>
<i>Vegetables</i>	<i>Continue to offer a variety of textures, flavours and colours Include stronger flavoured vegetables such as broccoli, cauliflower, cabbage, brussel sprouts, mushrooms, cucumber, capsicum etc</i>
<i>Fruit</i>	<i>Offer a variety of cooked and ripe fruits. Some stronger flavoured fruits include – orange, mandarine, pineapple pieces, seedless grapes (remove skin or cut in half to reduce choking risk), rockmelon, watermelon</i>
<i>Meat, fish, poultry, eggs and legumes</i>	<i>Thinly sliced roasted meats cut into bite sizes Flaked fish Canned fish – tuna, salmon, sardines Eggs – well cooked Diced tofu Bean and lentil casseroles Canned baked beans (reduced salt)</i>
<i>Milk and Dairy</i>	<i>Breast milk or infant formula as a beverage Cow's milk on cereal Full-fate dairy foods Cheese</i>
<i>Spreads</i>	<i>Margarine and butter (thinly spread) Cream cheese Yeast spreads (very thinly spread) Fruit spread (thinly spread) Hommos (N.B. often contains sesame)</i>

Do not provide children younger than 12 months of age with honey, chocolate or whole nuts.