

these are the
best foods
for your baby
when starting on
solids at around
6 months

Choose foods
that are
soft & smooth

Cooked and puréed vegetables, fruit, legumes, lentils or rice, such as

Method

- Remove skins and seeds
- Cook until soft
- Add liquid (breast milk or infant formula)
- Mash or purée

Cooked and puréed meat or fish

Method

- Remove skin
Trim fat
- Cook until soft
- Add liquid (breast milk or infant formula)
- Blend or purée

Mashed uncooked fruit

Method

- Mash until smooth

Store bought

iron-fortified infant cereal baby food canned fruit

Drained of liquid and puréed until smooth.

Some useful tips when introducing solid foods

- 1 Offer milk before solids – breast milk or infant formula is still the most important food for your baby.
- 2 Start by offering small amounts - ½ teaspoon to 2 teaspoons. Slowly increase the amount you offer and progress to mashed, lumpy or soft finger foods over the next few weeks.
- 3 Start by offering solids once a day after the milk feed. The amount of complementary foods eaten will gradually increase.
- 4 Encourage a variety of flavours as you introduce complementary foods. There is no need to introduce new foods one at a time, unless it is a common food allergen (such as cow's milk, eggs, nuts, wheat, sesame seeds, shellfish, fish or soya).
- 5 It is important to keep offering (but not forcing) different foods, especially vegetables and fruits, even when a child seems that they do not initially like that food. The food will then become familiar, and they can get used to a range of flavours.
- 6 If your baby refuses a food, try mixing it with a food they like or wait a few days and try again – it may take up to 8-10 times! Verbal encouragement and eating the same foods in front of the baby will also help them to accept new foods.



at around
6 months
your baby will
be ready to try
solid foods

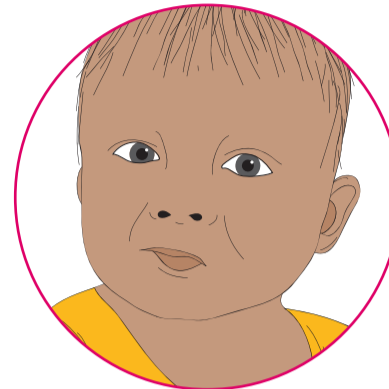
Here are the signs
your baby is ready
to start solid foods...



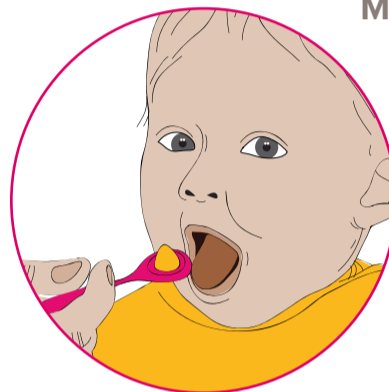
Shows an interest in food



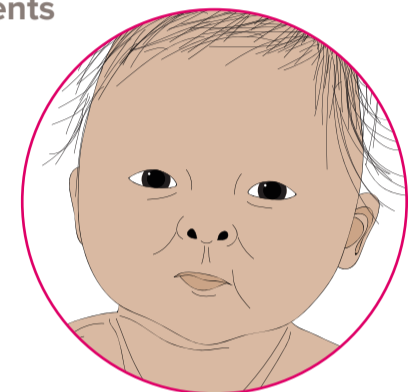
Can hold their head up and sit with less help



Makes chewing movements with their mouth



Opens their mouth when the spoon touches their lip or gets near their mouth



Can keep food in their mouth and swallow, instead of spitting out

let your baby
guide you

Here are some signs
your baby has had
enough to eat...



Turns their head away



Spits out food



Refuses food by pushing away the food or your hand



Crying and general unhappiness



Closes their mouth