

STAGE 1

Based on starting to wean at 5 ½ months. If you start earlier, complete the 14 days and continue with 3 x 30ml/1oz meals of mixed purées a day.



DAY 1-3

meal 1: mid-morning

texture: runny purée

first foods: root vegetables



DAY 3-6

meal 1: breakfast
meal 2: mid-morning

texture: runny purée

first foods: root vegetables or ripe fruit



DAY 6-9

meal 1: breakfast
meal 2: mid-morning
meal 3: evening

texture: runny purée

mixed purées: e.g. parsnip & apple



DAY 9-14

meal 1: breakfast
meal 2: mid-morning
meal 3: evening

texture: runny purée

mixed purées: e.g. carrot & cauliflower

STAGE 2



6-7 MONTHS

3 meals

texture: smooth and slightly thicker purée, no lumps

introduce: dairy, fish, gluten, grains, meat soft finger foods & a beaker of water



7-8 MONTHS

3 meals

texture: thicker puree with increased texture

introduce: increased variety of finger foods - add dips such as unsalted nut butter



8-9 MONTHS

3 meals

texture: minced and mashed with soft lumps

introduce: stronger flavours e.g. oily fish such as salmon



9-12 MONTHS

3 meals

texture: minced and finely chopped

introduce: increased texture of finger foods and 1 to 2 snacks a day