

First Foods for your Baby

Starting solids

Babies need solid food at around 6 months old.

Keep breastfeeding or giving infant formula when you start solid food. It is still your baby's main food and drink.

Babies are ready for solids at around 6 months of age. You may notice they are showing an interest in food, for example, they reach out for food. The following *signs tell you, your baby is ready for solid food:



They have good head and neck control and can sit upright when supported (such as in a high chair).



They can control their tongue and do not stick it out when given food.



They open their mouth when offered food.

* If your baby is nearly seven months of age and isn't showing these signs yet, talk to your child health nurse.

When starting solids, introduce food in any order

Include iron rich foods as part of foods offered first:

- well cooked red meat (beef, lamb), liver, chicken, fish
- baby cereals with added iron
- green leafy vegetables for example spinach, silver beet and broccoli
- tofu, lentils and beans.

You can usually prepare most baby food from family meals. Don't add sugar or salt.

Start with puree and gradually vary the texture

Step 1.

First food purees:

- soft cooked meats
- lentils, beans
- tofu
- vegetables
- baby cereals, porridge
- soft fresh and cooked fruit



Step 2.

Minced and mashed:

- cooked rice and vegetables
- pasta, noodles and sauces
- stews
- soft fruits
- well cooked scrambled eggs
- yoghurts
- porridge, cereals



Step 3.

Offer finger foods:

- soft fruits
- eggs and vegetable slice, omelette
- cheese
- soft cooked vegetables
- Soft cut up meat, chicken, fish (no bones)
- pancake, bread cut up



What about food allergies

Most children do not have food allergies, but some do (a food allergy needs to be diagnosed by a health care professional). Visit www.preventallergies.org.au for more information.

Want to know more

Ask your GP, child health nurse or an Accredited Practising Dietitian.