

INTRODUCING SOLID FOODS

When to start

You can start to offer solid foods when your baby is around 6 months of age and showing signs of readiness, continue to offer breastmilk or infant formula as their main source of nutrition.

Why 6 months?

Giving solids too early can lead to poor growth, reduced breast milk supply or tummy upset

Starting solids should not be left too late either. This can lead to poor growth, iron and zinc deficiency and an increased allergy risk if allergens are not introduced in the first year.

Step 1: Smooth foods & first tastes (from 6 months)

First foods should be bland and pureed, offer tastes of foods separately.

Include iron rich foods such as pureed meat, chicken, fish or well-cooked eggs. Give ½ teaspoon once a day after a milk feed, and gradually increase the quantity, being lead by your bubs appetite.

Move onto vegetables such as pumpkin or zucchini, fruit such as apple/pear or banana/avocado, cheese and yoghurt. Once pureed foods are accepted, increase the texture to minced and mashed foods.



Step 2: Lumps and chunks (7-8 months)

Food textures should be coarse, fork-mashed or finely chopped and soft.

Once you have offered allergenic foods, such as smooth nut pastes or well-cooked egg, continue to offer in your baby's diet **twice weekly**.

Always supervise your little one while they eat and avoid foods that may cause choking such as grapes, hard vegetables or fruits such as carrot or apple



Step 3: Learning to eat family meals (from around 8-9 months)

Begin giving finger foods such as bread crusts, fruit or soft vegetable pieces and encourage drinking cooled boiled water from a cup.

Your little one can start having modified versions of family meals. Have 3 solid meals of ¾-1 cup of food per meal. Foods may still need to be mashed or softer texture and do not need added sugar or salt.



Step 4: Family foods (12 months onwards)

Your little one can now eat the family diet, with the same texture. After 12 months they can have up to 500mls cow's milk per day.

Sweet drinks such as juice or cordial are not needed and bad for teeth.



To find out more, check out these helpful resources:

<https://raisingchildren.net.au/babies/breastfeeding-bottle-feeding-solids/solids-drinks/introducing-solids>

https://doh.health.tas.gov.au/__data/assets/pdf_file/0004/81769/Web_lady_gowrie_booklet.pdf