

Baby's first foods

6 months (Soft pureed foods)

Offer breastmilk or formula before food

Begin with rice cereal and introduce new foods one at a time

Start with 1-2 teaspoons and build up to 2-3 tablespoons

7-8 months (Soft mashed)

Milk feed on demand even after solids have started
Watch for signs of allergies

9-12 months (Soft pieces)

Increase foods according to baby's appetite

12 + months (Modified family meals)

Offer small frequent meals and snacks.

Provide variety from the different food groups and allow the child eat according to appetite

Fruits	Cooked and pureed apple, pear or peach. Finely mashed ripe banana. Mashed avocado	Diced or mashed stewed fruit, grated apple	Sticks of watermelon, chopped banana, orange segments. Soft, stewed apple or pear	Combinations of soft and cooked fruit.
Vegetables	Peeled, cooked and pureed vegetables (sweet or white potato, carrot, zucchini, pumpkin, squash)	Cooked, mashed vegetables. Mashed well cooked lentils, legumes and beans	Soft cooked vegetable cubes (Sweet potato, pumpkin, zucchini). Sticks of cooked well cooked broccoli	Combinations of soft cooked vegetables, can also be included in casseroles, pasta or rice dishes
Cereals & Grains	Baby rice cereal made with breastmilk or formula	Oat and wheat based cereals (Weet-bix or porridge) made with breastmilk or formula or small amount cow's milk. Quinoa, barley	Bread, rusks, toast crusts. Well cooked pasta. Sandwiches (with avocado & ricotta cheese). Toasted sandwiches with melted cheese	All grains
Meat	Well cooked and pureed lean meat (beef, chicken, lamb, pork)	Well cooked egg (scrambled or hard boiled and mashed) Minced meat or finely chopped chicken. Flaked fish or canned tuna	Strips of well-cooked lean meat, cubes of tofu, baked beans, boiled egg	All lean meat
Dairy		Grated cheese, yoghurts with soft lumps	Grated cheese, yoghurt with soft lumps	Cow's milk to drink. Sticks of cheese, yoghurt with fruit lumps