

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

- Offer milk before solids – breast milk or infant formula is still the most important food for your baby.
- 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.
- Start by offering solids once a day after the milk feed. The amount of complementary foods eaten will gradually increase.
- 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).
- 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.
- 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.



Breast milk or infant formula is all your baby needs for the first 6 months.

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

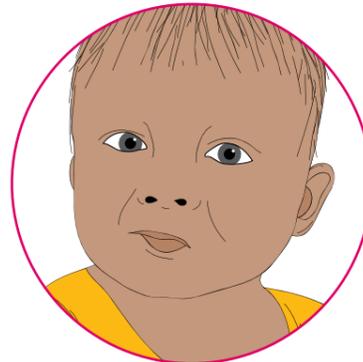
Here are the signs  
your baby is ready  
to start solid foods...



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

Babies are very good at knowing if they need more food and when they have had enough. Some babies will eat more than others.