

# STARTING SOLIDS

Start solids when your baby is around 6 months, not before 4 months, and when your baby is:

- ✓ sitting up with little support
- ✓ holding their head up on their own
- ✓ opening their mouth towards food.

## Iron rich food

Babies need iron to support their brain development, including:

- grated, pureed or finely chopped beef, lamb, lentils or beans, and tofu
- iron-fortified infant cereal.

## Variety

Offer a variety of healthy foods, including:

- Mashed vegetables e.g. pumpkin, broccoli, zucchini, or avocado.
- Pureed, mashed or finely chopped meats, silken tofu, legumes, or fruit.
- Yoghurt and soft cheese e.g. ricotta or labneh

There is no need to add salt to baby's food. Avoid foods high in fats, sugars and salt.

## Drinks

- Continue offering breastmilk and/or formula.
- Introduce a cup with pre-boiled tap water (cooled) at every mealtime.



## Eating safety

- ✓ Always watch your baby when they are eating.
- ✓ Avoid giving hard, round and sticky foods as they are a choking risks, e.g. lollies, popcorn and whole grapes or blueberries.
- ✓ Always sit down when eating and drinking.
- ✓ Test the temperature of all foods and drinks.



**CONNECTING THE DOTS**  
A National Nutrition Hub

Provided to you by Karitane and Healthy Beginnings

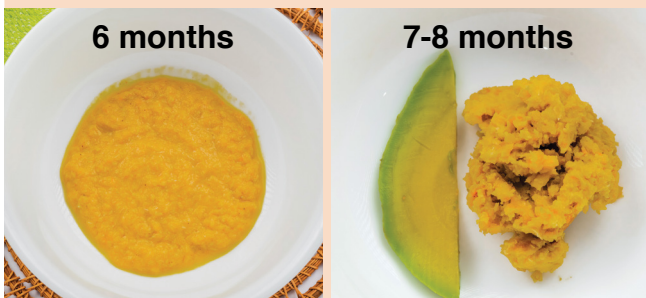
## 6-8 MONTHS

### It's time for texture!

Increasing texture is important for chewing as this helps develop baby's

- ✔ Jaw muscles
- ✔ Teeth
- ✔ Speech development

Gradually increase the textures from thicker purees and mashed foods to soft finger foods by around 9 months. This might cause some gagging, which is normal.



### Finger foods

These should be soft enough to squish between your fingers, including:

- soft avocado wedges
- roasted sweet potato or pumpkin wedges (cooled)
- steamed carrot sticks, broccoli or zucchini
- banana slices.

Cut foods into pieces, the size and shape of two adult fingers, to allow your baby to pick up, hold and feed themselves.

## Common allergens

To reduce the risk of food allergies introduce common allergy causing foods by including egg, dairy, wheat, soy, nuts, sesame and seafood.

Once introduced (without a reaction), continue offering these foods twice per week.

Visit <https://preventallergies.org.au/>

## 9-12 MONTHS

### Munch with a slight crunch

Keep increasing food textures, offer non-pureed, soft finger foods, including:

- steamed vegetables
- toast sticks and mini sandwiches
- casseroles, stews, pasta or rice dishes
- small, tender pieces of meat or boneless fish.



### Growth and development

- Continue offering a wide variety of iron-rich foods
- Encourage self-feeding, allow baby to hold their own food and spoon.

For more information visit:

[www.karitane.com.au](http://www.karitane.com.au)

[www.healthybeginnings.net.au](http://www.healthybeginnings.net.au)



**CONNECTING THE DOTS**  
A National Nutrition Hub

Provided to you by Karitane and Healthy Beginnings