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

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.

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.

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.

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.

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 preventallergies.org.au/

FOR MORE INFORMATION VISIT:

- www.karitane.com.au
- www.healthybeginnings.net.au

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