

INTRODUCING SOLIDS TO BABY

YOUR GUIDE FOR THE FIRST 12 MONTHS



Paediatric Dietitian for
Complex Cases

For advice on introducing allergens, refer to the ALLERGY DECISION TREE

WHEN

WHAT

HOW

4 - 6 MONTHS

- Thin **purees**
- No chunks
- Start with **single** ingredients & baby cereal

Ideas: sweet potato, peas, avocado, carrots, pumpkin, pears, peaches, applesauce, cooked chicken, cooked turkey, rice cereal
Consistency: start thin, make slightly thicker near 6 mths
Allergens: nut butters, wheat, egg, yoghurt, sesame, seafood

Feed 1-2 tasters/day of single food ingredients
Breakfast: few teaspoons of puree
Lunch or Dinner: few teaspoons of puree

- Head turning or mouth closing means finished
- Model eating - when you eat they eat
- Start with single ingredients, then try combinations

Allergen: Introduce each allergen once a day, for 3 days. If no reaction within 3 days, likely no allergy

7 - 8 MONTHS

- Slightly **thicker**, smooth purees & baby cereal
- Allow **chunks** for texture
- **Hard munchables** - for exploration not consumption
- Food can start resembling your meals

Breakfast ideas: fruit & yoghurt, nut butter & yoghurt, soft weetbix & milk
Lunch & Dinner ideas: sweet potato & chicken, steamed white fish & potato, pureed mince & vegetables, pureed casseroles and stews (ie your meal blended)
Munchables: carrot sticks, dried fruit sticks, frozen melon

Feed mixed foods, 3 times/day, spaced out
6am: breast/bottle **8am:** breakfast with family
10am: breast/bottle **1pm:** lunch with family
3pm: breast/bottle **6pm:** dinner with family
Overnight: breast/bottles

- Space milk from feeds and baby will eat more. Aim for a gap of 2-3 hours

Gagging: Give chunky foods despite gagging. This is normal and should pass within a month.

9 - 12 MONTHS

Introduce these textures:

- **Meltable** hard solids - dissolve in mouth with spit
- Soft **cubes** - turn into puree when munched
- Soft **mechanicals** - easily breaks apart in mouth

Same as above, just chunkier plus naturally soft foods like rice & pasta
Meltables: rice wheels, baby mum mums, kiddylicious puffs
Cubes: avocado, boiled potato, pumpkin, bananas
Mechanicals: small pastas, scrambled eggs, hard boiled eggs

Feed start replacing breast/bottle with snack
6am: breast/bottle **8am:** breakfast with family
10am: snack (at 9 mths) **1pm:** lunch with family
3pm: breast/bottle or snack (11 mths) **6pm:** dinner
Overnight: breast/bottles

- Make foods soft versions of yours eg bolognese, mac & cheese, one pot & slow cooker recipes
- Snacks - soft fruits, carrot/capsicum, meltables, yoghurt, cheese, nut butters & rice cakes