

# First Foods for Babies



6 months



## EGGS

Infants can eat whole eggs (both the white and the yolk) from 6 months.

There are major nutritional benefits beyond their iron content—they are a source of protein, fat, Vitamins A, D, E and B12, folate, and choline which plays an important role in brain development.



## MEAT, FISH, POULTRY (IRON-RICH FOODS)

Offer pureed cooked meat and fish to begin with, then from 9 to 12 months you can mince or dice meats into small pieces.



## FRUITS & VEGETABLES

After iron-rich foods choose fruits and vegetables.



## POTENTIALLY ALLERGENIC FOOD

Serve foods that have nuts, seafood, wheat and eggs from 6 months and continue to offer them regularly.



## FINGER FOODS

To help teach your baby to feed themselves, you can introduce them to finger foods from 6 months.



## GRAIN PRODUCTS

Strips of whole grain toast, 'O'-shaped cereals and well-cooked pasta can also be offered to your baby.



6-9 months



## DAIRY FOODS

Plain cottage cheese, mozzarella or grated hard cheese and plain yogurt can be introduced from 6 months onwards.



12 months



## COW'S MILK

At one year, once the baby has a varied diet with iron-rich foods, pasteurized whole cow's milk (3.25% M.F.) can be offered for up to 25 oz per day.



## HONEY

Be sure to avoid honey until your baby is at least one year old.

## Signs your baby is ready for solid food



They can hold their head up



They can sit up and lean forward



Pick up food and try to put it in their mouths



They can communicate that they are full (turns head away)

