

# YOUR BABY'S FIRST FOODS

## Recommended foods for the first few years

Age	Foods that can be consumed
Birth—around 6 months	Liquids are the only appropriate food for babies up to six months old. Breastmilk is the ideal option, but infant formula is the only alternative if a mother is partially or no longer breastfeeding.
6–7 months	<p>Finely mashed or pureed foods are the first solids that should be introduced, and should be fed to babies with a small spoon and assistance from a parent or carer. No salt, sugar, fat or other flavour should be added.</p> <p>Examples of appropriate foods include:</p> <ul style="list-style-type: none"> <li>• Breastmilk</li> <li>• Infant formula (if partially or no longer breastfeeding)</li> <li>• Infant cereals (iron-enriched)</li> <li>• Smooth, mashed pumpkin or potato</li> <li>• Smooth, cooked apple or pear</li> <li>• Well-cooked pureed liver and meat</li> </ul>
8–12 months	<p>Mashed or chopped foods can be introduced at this age, and then finger foods. No salt, sugar, fat or other flavour should be added.</p> <p>Examples of appropriate foods include:</p> <ul style="list-style-type: none"> <li>• Breastmilk</li> <li>• Infant formula (if partially or no longer breastfeeding)</li> <li>• Infant cereals</li> <li>• Well-cooked and mashed or minced fish, minced liver and minced or finely shredded meat, chicken and egg</li> <li>• Variety of mashed or soft, cooked vegetables, including beans and lentils</li> <li>• Mashed, cooked fruit</li> <li>• Chopped soft raw fruit such as melon and banana</li> <li>• Cereals such as rice, wheat, oats, bread, pasta and noodles</li> </ul>
9–12 months	<p>In addition to foods for 8–12 months:</p> <ul style="list-style-type: none"> <li>• Cheese, custards and yoghurt</li> </ul>
12 months and over	<p>From 12 months, children can start eating family foods and meals on plates. They can continue on breastmilk, or drink plain pasteurised full-cream milk. A variety of foods from all food groups and a range of textures and flavours should be included in the diet.</p> <p><b>Caution must be taken with hard foods, as choking is still a risk.</b></p>

