

12 months and older

Children of this age are 'toddlers' and can have normal family foods - cut up into smaller pieces.

They can feed themselves with a spoon or fingers.

Toddlers can drink from a cup (use a cup with spout or straw to stop some of the mess!). Bottles are no longer needed (this includes baby feeding bottles as well as 'pop-top' bottles).

This is because toddlers are growing slowly and are not as hungry as when they were babies. Using bottles mean they often drink 'too much' milk which means they do not have enough appetite for food. Using bottles for a long time can also cause tooth decay.

Children can now drink cows milk.

The total amount of dairy/milk foods recommended is 500 to 600ml per day (this includes all 'milk' foods - breast milk, infant formula, cows milk, soy drinks with added calcium, cheese, yoghurt, custard, ice cream etc).

If still breastfeeding, keep breast feeds to three to four times in 24 hours, and give water as the only other drink.

Limit all other dairy foods to 2 or less 'serves' a day.

If still using formula, the total amount recommended of formula **plus** all other dairy foods is 500 to 600ml daily (if formula is being continued for medical reasons discuss amounts needed with the doctor or dietitian).

Avoid

- Cordials, soft drinks, fruit drinks, vitamin C cordials/syrups, tea, coffee, herbal teas.
- Honey, jam, lollies, chocolates, bubblegum.
- Cream & chocolate biscuits, dry/hard or salty, savoury biscuits.
- Corn & potato chips, & other snack foods.
- Whole nuts, popcorn, seeds, raisins.

These foods and drinks are not essential or may be a choking risk for babies and toddlers.

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Produced by:
Early Childhood Nutritionist
Central Sydney Community Health Services
Telephone: (02) 9515 3270

Starting Solids

(A quick guide to introducing foods to babies)



From birth

Breast milk is the best food for babies. It provides all the nutrition a baby needs for the first six months. Babies who are not breastfed need infant formula as their food.

By 6 months

Start to give some solids by or around 6 months, but do not give any solid food before 4 months of age.

Recommended first foods are:

- Rice cereal (iron fortified) mixed with breast milk, formula or cooled, boiled water. Ground rice may also be used, but this does not have much iron.
- Vegetables (pureed) such as; potato, pumpkin, sweet potato, carrot, broccoli, peas, zucchini.
- Fruits (pureed or mashed) such as; apple, avocado, banana, pear, melons, tropical fruits.

Breast milk or formula is still the most important part of the diet, so give food after the breast or formula feed.

6 to 12 months

At this age solid foods need to become more important. All other foods can be introduced, one at a time, at this age.

There is no particular order that foods should be introduced, but foods with iron (meats & meat alternatives) should be started as soon as possible after 6 months.

Food that can be introduced include:

- Meats & meat alternatives - e.g. beef, lamb, pork, chicken & poultry, fish & seafood, liver, kidney, legumes (lentils, soy beans, tofu, kidney beans, baked beans etc).
- Vegetables & fruits - gradually add all other vegetables & fruits used by the family.
- Cereal foods - wheat (eg. pasta, noodles, wheat cereals like Weet Bix/Vita Brits, bread/toast), other grain foods (eg. rolled oats, rice)
- Dairy foods - cheese, yoghurt, custard.

Keep breast or formula feeding until at least 12 months, but change over to give food before the breast or formula feed between 6 and 9 months.

REMEMBER:

- After 7 months start to teach babies to feed themselves and give them finger foods. **Always supervise baby while they are eating.**
- Allow baby to eat to appetite.
- Introduce cup between 7-9 months and teach the baby how to use it.
- As baby eats more food, decrease the amount of breast milk/formula.
- Change from smooth purees at 6 months to mashed, soft lumpy foods at 7 months. Then to larger, soft lumps at 8-9 months and finely cut up foods at 9-10 months.
- Babies can choke on foods, so be careful with hard foods (eg. raw carrot sticks, large apple pieces), small round foods (eg. grapes) and foods with skin/bones (eg. sausages, meats/fish with bones). Cut into small pieces, or remove all skin and bones and cut up finely before giving to baby, or cook until soft.

Babies from families with allergies (e.g. skin rashes, hayfever, asthma) may need to start solids differently - ask the dietitian, nurse or doctor for more information.