

## First foods

You could try:

- Mashed cooked vegetables such as carrot, parsnip, potato, rice or yam
- Mashed banana, avocado, cooked apple or pear
- Baby rice mixed with your baby's usual milk.

Use mashed-up family food when you can. It's best to cook your own food for your baby. This way, you'll know the ingredients of the food and you'll be getting your baby used to eating what you eat. Don't add salt or sugar to food for your baby.



As your baby takes more solid foods, he or she will take less milk. Milk is still an important part of your baby's diet. Carry on breastfeeding or giving infant formula milk each day until at least 12 months of age. Cow's milk is not suitable as a drink until your baby is 12 months old but can be used in cooking.

## More foods to try

As well as vegetable and fruit you can add other foods, such as:

- Mashed-up meat, fish and chicken
- Mashed lentils (dahl) or split pulses
- Full-fat dairy products, such as yoghurt, fromage frais or custard.

See how your baby responds to the different flavours and textures. Offer your baby finger foods such as small pieces of fruit and vegetables or toast. How much your baby takes is less important than getting used to the idea of food other than milk.

### **FINGER FOODS**

Encourage your baby to chew, even if they don't have teeth, by giving finger foods. For example, raw or cooked and cooled green beans, carrot sticks, cubes of cheese, toast, bread, pitta bread or chapatti, peeled apple and banana. Some babies prefer food they can hold to mashed foods, so offer your baby finger foods from the beginning. Finger foods provide chewing practice and encourage babies to feed themselves.

Avoid sweet biscuits and rusks so that your baby does not get into the habit of expecting sweet snacks.