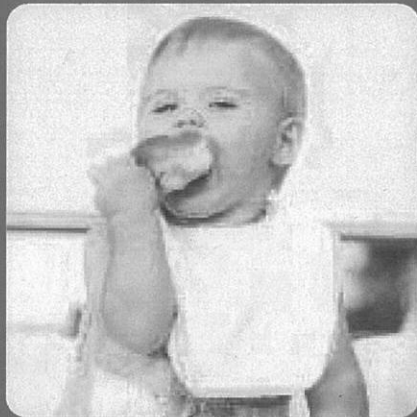


## How much



When you are both ready, you can start to increase the amount of solid food you give. Try to react to your baby's appetite, so if your baby is still hungry, you can give a little more. Your baby is the best guide to how much solid food you need to give.

Offer two to three servings each day of starchy foods such as potatoes, yams, rice or bread and two servings of fruit and vegetables. Your baby should have one serving of soft cooked meat, fish, eggs, tofu or pulses such as beans or lentils (dahl) a day. Red meat (beef, lamb and pork) is an excellent source of iron. Eggs are a quick, nutritious and cheap source of protein, but make sure they are thoroughly cooked until both the white and yolk are solid.

Begin to add different foods and different tastes. You'll be able to use lots of the foods you already cook for yourself. Just mash a small amount cooked with no added salt or sugar and give it a try.

## How often

Move gradually from offering solid food once a day to solid food at two and then three feeds. You will find that as your baby eats more solid foods, the amount of milk he or she wants will start to reduce. Once your baby is taking solid foods three times a day, if you are breastfeeding you may find that he or she wants to be breastfed less often. If you are bottle feeding you can drop a milk feed but continue to give infant formula milk to your baby until 12 months of age.



### HANDY HINT

Don't rush or force feed. Most babies know when they've had enough to eat. Go at your baby's pace. Be patient. If your baby shakes his or her head, turns away or refuses to open their mouth, take the food away and try again later.