

From about nine months

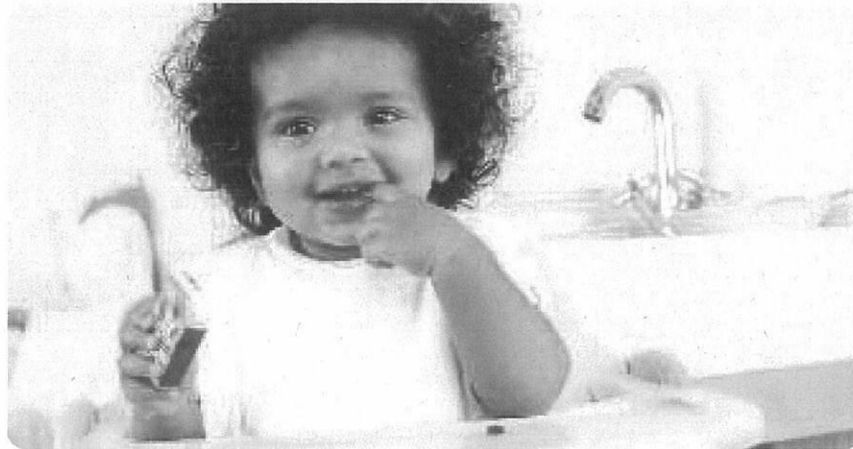
From about nine months, offer your baby three to four servings of starchy food each day, such as potato, bread and rice, and three to four servings of fruit and vegetables. Vitamin C in fruit and vegetables helps to absorb iron, so give fruit and vegetables at mealtimes.

By now your baby should be learning to fit in with the family by eating three minced or chopped meals a day as well as milk. Your baby should also have healthy snacks such as fruit in between meals. Fruit is better than biscuits, which could give your baby a sweet tooth and fill him or her up without providing the right nutrients.



HANDY HINT

Include your baby in the family mealtime routine. Feed your baby while family members are eating.



If your baby is on the move, you may need to increase the amount of food you give. Babies have small tummies, and they need energy for growth, so make sure you give them full-fat dairy products, such as yoghurt, fromage frais and cheese. Cutting back on fat is sensible for adults but not for babies.

If you have decided not to give your baby meat or fish, make sure that you give two servings a day of split pulses (red lentils, split peas), tofu, soya pieces or eggs.

Vitamin D is naturally present in only a few foods such as fortified margarines, eggs and fatty fish. It is also made naturally in the skin when it is exposed to gentle sunlight. It is sensible to give all babies vitamin drops from the age of one to five years old.

HANDY HINT

Offer a wide variety of foods that you and your family usually eat, as this might help avoid choosiness later on.