

Limefield Surgery Notice Board

Introducing Solid Foods

A Handy Guide to what foods you should give your baby:

FROM 0-6 MONTHS
Mum's milk or infant formula ('follow on' formula milk is not suitable for babies below 6 months)

FROM AROUND 6 MONTHS

First Foods:

- Mashed or soft cooked sticks of veg like parsnip, potato, yam (sweet potato), carrot, or avocado.
- Cooked apple, peach, melon or pear.
- Grabbable bits of banana.
- Baby rice mixed with milk.
- Keep feeding Mum's milk or infant formula as well, but don't give cow's milk 'till after a year.

Next foods

Healthy foods like soft cooked meat, chicken or fish. **Be careful there are no bones!** Pasta, lockshen, toast, mashed rice or mashed egg. Use full fat milk products like fromage frais or yoghurt,

but REMEMBER...

if you use ready made foods check the sugar content and the salt content. Babies should not be having food made with stock cubes so take out some for your baby before you season food for the rest of the family.

FROM 12 MONTHS

3 meals a day, plus 2 healthy snacks and milk. Your baby can drink full fat cows' milk and have full fat dairy products – children **under 2** need full fat, from two years move over to semi-skimmed and from 5 years old skimmed and 1% milk are ok.

Try healthy snacks like fruit, vegetable sticks and rice cakes.

Healthy Snack Ideas

- Fruit
- Unsalted rice cakes
- Bagels
- Cubes of Cheese
- Rice pudding
- Porridge

Good habits to get into!

- Give water with meal times
- Try to avoid using food as a reward for good behaviour, try reading story or going to the park or playing a game.

THINGS TO WATCH OUT FOR

If you have chosen to introduce solids before 6 months and have checked with your health advisor or doctor, try to avoid wheat products, nuts/peanuts (eg bamba), seeds, liver, egg, fish, cow's milk and soft cheese.

What to watch out for when introducing solids:

Sweet drinks like squash, syrup, fizzy drinks, milkshakes, and some fruit juice have lots of added sugar, avoid these to protect your baby's teeth and avoid developing a "sweet tooth".

Cows' milk as a drink should not be given before 1 year. Offer sips of water with a meal. Sweet foods like chocolate, sweets, biscuits, kuchen, have lots of added sugar and fat.

THINGS TO WATCH FOR CONTINUED...

Salt and salty foods like chips and crisps, fried fish, pot noodles, stock cubes contain lots of salt which is bad for babies.

Choking can happen with hard foods, bones and small round foods like grapes, cherry tomatoes and with food with skins like sausages.

Avoid whole nuts till after 5 years old and dont give honey until after a year – it can make babies ill.

CUPS

Introduce a cup from around 6 months and offer sips of water from a cup with meals.

Use an open cup or a free flow cup without a valve – this will help your baby learn to sip and is better for your baby's teeth.