



What and when?



0-6 months



Breast or infant formula milk (on demand.)



First foods from 6 months

Continue with breast or infant formula milk (on demand.)



Soft cooked vegetable sticks



Soft ripe banana



Soft peach



Soft cooked fruit sticks



Cooked apple



Baby rice mixed with baby's usual milk

Next foods

6-8 months



Mashed boneless fish



Lentils



Pasta/noodles/rice/



Mashed hard boiled eggs



Full fat dairy products



Pieces of chappatti/toast/rice cakes



Cow's milk in cooking



Chicken and other meat



Daily from 8-9 months



Moving towards:



3 home prepared and cooked meals



On demand breast or infant formula milk



A mixture of finger, mashed and chopped food

Snacks are not necessary until over one year of age

Daily from 12 months



250ml whole cow's milk to drink or breastmilk



3 meals a day



2 healthy snacks

Opt for home prepared and cooked food

Dairy products

Cow's milk



Cow's milk shouldn't be given as a drink before a year as cow's milk has less vitamins and easily absorbed Iron in it than breast or formula milk.



Dairy products will be full fat as children need the extra fat and vitamins.



From age 2: If they are a good eater and growing well they can have semi-skimmed milk.



From age 5: 1% or skimmed milk is OK.



What to avoid



Unpasteurised cheese

For example, brie, camembert, or danish blue. These should not be given before 12 months due to the risk of listeria infection.



Gluten (wheat)

No gluten (wheat) should be given before 6 months. If you have a family history of allergy, such as gluten intolerance or eczema, avoid foods containing gluten.



Sweet foods

For example, baby rusks, biscuits, cakes, sweets, and pastries. These contain large amounts of fat and sugar which babies don't need.



Sweet drinks

Some of these can have a high sugar content which can be damaging to your baby's teeth. These drinks can also fill your baby up so they do not want to eat nutritious food.

What to avoid



Salty foods

For example, bacon, sausages, cheese, chips with added salt, crisps, convenience foods, stock cubes, takeaways, gravy granules are bad for babies – so limit these.



Honey

Honey occasionally contains bacteria (Botulism) which can make babies seriously unwell, so should not be given until they are over one year old.



Foods which are easy to choke on

For example, whole nuts, hard foods, bones, small round foods such as unchopped grapes or unchopped cherry tomatoes, foods with skins on such as sausages, or fruit with skin on. These can be choking hazards.



Vitamins

Advice from the government



The Department of Health and Social Care recommends that all children aged 6 months to 5 years are given vitamin supplements containing vitamins A, C and D every day.



Babies who are having more than 500ml (about a pint) of infant formula a day should not be given vitamin supplements. This is because formula is fortified with vitamins A, C and D and other nutrients.



Babies who are being breastfed should be given a daily vitamin D supplement from birth, whether or not you're taking a supplement containing vitamin D yourself.

You can access free vitamin drops for your children through the Family hubs in Torbay.

