

6 months

12 months

First tastes

What's next?

Moving on

Family eating

Week 1

Breast or bottle feed as usual with 1-2 teaspoons fruit or vegetable purée at lunchtime. Over the week increase the amount given to 4-5 teaspoons.

Week 2

Offer small amounts of purées at both breakfast and lunchtime. If your baby is keen, give larger amounts. Breast or bottle feed as usual. Your baby might cut down a milk feed if solids are being taken well.

Week 3

Offer porridge or baby rice at breakfast - mix with fruit occasionally. Vary fruits and vegetables (including potato) at lunch and teatime. Milk feeds as usual.

Week 4

As before but increase the amounts at your baby's pace. Another milk feed may be dropped if your baby feeds well.

Your baby is now taking solids at two or three small meals a day. Build on this by increasing the amount and variety of food offered.

Start to get your baby used to a beaker for drinks.

Ask your Health Visitor about vitamins.



Early morning

Breast or bottle feed.

Breakfast

Baby rice with mashed banana or porridge with stewed apple.

Breast or bottle feed.

Lunch

Mashed potato with puréed broccoli, carrots or lentils.

Breast or bottle feed.

Tea

Pear or apricot purée with natural yoghurt.

Breast or bottle feed.

Evening

Breast or bottle feeds.



Early morning

Breast or bottle feed.

Breakfast

Porridge with banana.

Breast or bottle feed.

Lunch

Puréed meat, chicken or fish with vegetables, then a little stewed fruit with custard. Try cooled, boiled water or well diluted fresh fruit juice from a beaker.

Tea

Homemade soup.

Bread or toast.

Drink of usual milk from a beaker or cup.

Evening

Breast or bottle feeds.



Early morning

Breast or bottle feed if still needed.

Breakfast

Porridge or Weetabix-type cereal. Breast feed or infant milk from a beaker.

Snack: Banana pieces and a drink.

Lunch

Minced or mashed meat or fish with vegetables and boiled rice. Natural yoghurt with mashed fruit to follow. Water or well diluted fresh fruit juice from a beaker or cup.

Snack: Fingers of bread with cheese spread, drink.

Tea

Cauliflower cheese or baked beans mashed with potato. Fresh or stewed fruit with milk pudding. Drink from a beaker or cup.

Evening

Breast feed or infant milk from a beaker.

Babies like to try to feed themselves. Give one spoon to your baby while you feed with the other.



Early morning

Try a drink of water or well diluted fruit juice from a beaker.

Breakfast

Cereal or banana on toast. Breast or infant milk in a beaker.

Snack: Pancake and a drink.

Lunch

Minced or mashed meat, chicken or fish with vegetables and pasta shapes. Stewed fruit or yoghurt. Diluted fresh fruit juice from a beaker.

Snack: Apple slices and a drink.

Tea

Homemade lentil soup with toast fingers, cheese chunks and rolls of ham. A beaker of water or well diluted fruit juice.

Evening

Breast feed or infant milk from a beaker.

Encourage finger foods.

Breast feed on demand.



Breakfast

Breakfast cereal or well cooked scrambled egg and toast fingers. Usual milk.

Snack: A few grapes and a drink.

Lunch

Fish fingers with mashed potato and chopped vegetables. Fresh or stewed fruit, milk pudding or yoghurt. Water or fruit juice.

Snack: Breadsticks and a drink.

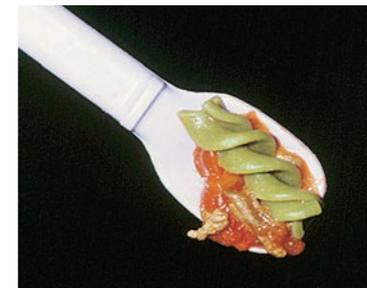
Tea

Baked beans or cheesy pasta shapes with toast. Fresh or stewed fruit. Drink.

Evening

Breast feed or infant milk from a beaker.

Many family meals will be suitable for your baby now. Mash a few spoonfuls and try them.

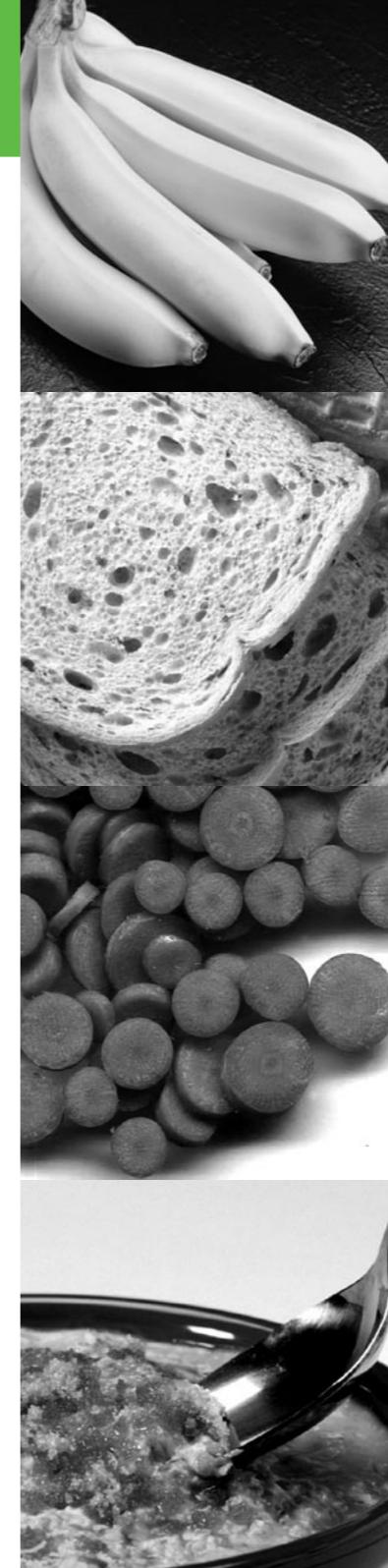


Every baby is different. They will have different likes and dislikes and some will progress faster than others. This is perfectly normal. If you have any doubts, talk to your Health Visitor.

Guide to Foods During Weaning

6 months

12 months



Weaning

what foods?
when?
how much?

This chart is a guide about what to give and when. Remember, let your baby set the pace.

Food Group	First tastes	Moving on	Eating with the family	After 1 year	Extra information
Milk, dairy products and substitutes	Minimum 600ml breast or infant milk daily. Full fat cows milk products can be used in weaning after 6 months (e.g. yoghurt, custard, cheese sauce).	500-600ml breast milk, infant milk or follow-on milk daily. Can also use full fat cows milk to mix solids. Hard cheese can be cubed or grated & used as 'finger food'.	500ml-600ml breast or infant milk daily. Can also use full fat milk to mix solids.	Minimum 350ml whole milk daily or 2 servings dairy product. Full fat milk as a drink & soft cheeses. Lower fat milks can be used in cooking but not as a main drink.	If milk is rejected, use alternatives e.g. cheese. Give water to drink. Discourage large volumes of milk after 1 year (i.e. >600ml) as it will reduce appetite for other foods. Discourage feeding from a bottle after 1 year.
Bread, cereal, rice, pasta and potatoes	Mix smooth cereal with breast or infant milk; use low fibre cereals (e.g. rice based). Mash or purée starchy vegetables.	2-3 servings daily. Start to introduce some wholemeal bread & cereals. Foods can be a more solid 'lumpier' texture. Begin to give 'finger foods' e.g. toast.	3-4 servings daily. Offer wholemeal products; discourage foods with added sugar. Starchy foods can be normal adult texture.	Minimum of 4 servings daily. At least 1 serving at each mealtime. Discourage high fat foods e.g. crisps, savoury snacks, pastry.	Most baby and breakfast cereals are fortified with iron and B vitamins. Wholemeal cereals and bread are a richer source of nutrients and fibre than white varieties.
Vegetables and fruit	Use soft cooked vegetables and fruit as a smooth purée.	2 servings daily. Raw soft fruit & vegetables (banana, melon, tomato) may be used as 'finger foods'. Cooked vegetables & fruit can be a coarser mashed texture.	3-4 servings daily. Offer lightly cooked or raw foods - chopped or 'finger food' texture. Well diluted unsweetened orange juice with meals - especially if diet is meat free.	Minimum of 4 servings daily. Offer unsweetened fruit if vegetables are rejected. Food can be adult texture (although some fibrous foods may be difficult e.g. celery).	Vegetables may be preferred raw e.g. grated carrot, tomato, or may need to be disguised in soups, pies and stews. To improve iron absorption, give vitamin C (fruits and vegetables) with every meal.
Meat, fish, chicken and alternatives	Use soft cooked meat/pulses. Add no salt/sugar to food during or after cooking.	1 serving daily. Soft cooked mince or puréed meat/fish/pulses. Chopped hard boiled egg can be used as a 'finger food'.	Minimum 1 serving daily from animal source or 2 from vegetable sources.	Minimum of 1 serving daily or 2 from vegetable sources. Encourage low fat meat and oily fish. Liver pate can be used after 1 year.	Trim fat from meat. Use little or no added fat in cooking. Vegetarians should use a mixture of protein providers e.g. macaroni cheese, dhal and rice.

Adapted by Ruth Breese, Community Dietitian from Weaning & The Weaning Diet, Dept of Health.

Produced by Community Dietitians and Health Visitors
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