

Making food for your baby

- > Wash hands with soap and water
- > Use clean utensils to make and serve food
- > Home made food is good for babies
- > Make up batches of food and freeze in ice block trays for later use
- > Don't add salt or sugar
- > Store leftovers in the fridge and use within 24 hours



Safe eating and drinking

- > Always watch your baby
- > Sit your baby up
- > Honey is not safe for babies under 12 months old



Choking

- > Children under the age of 4 years can choke on small hard pieces of food
- > Do not give whole nuts, whole grapes, raw carrots and apple, pop corn and lollies



Feeding your baby in the first year



For more information

Visit your Child and Family Health Nurse call 1300 733 606

Call the Parent Helpline on 1300 364 100 or visit our website www.cyh.com

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

© Department of Health, Government of South Australia. All rights reserved. Printed October 2009.

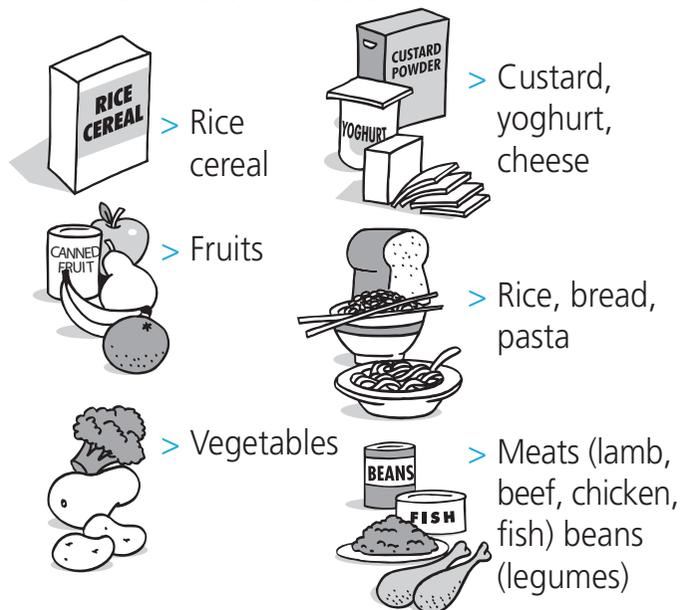
Birth to around 6 months

Breastmilk is the best and most natural food for babies

- > Breastmilk is all the food and drink your baby needs for the first 6 months
- > If your baby is not having breastmilk, use infant formula



Foods to prepare for babies 6 months and older



- > Talk with your doctor if you are worried about food allergies

Introducing solids	What to offer	Remember
6-7 months Smooth (pureed foods) 	<ul style="list-style-type: none"> > Baby rice cereal mixed with full cream cows milk or breastmilk or formula > Well cooked and pureed vegetables and fruit - choose a variety of colours > Well cooked and pureed meat > Baby yoghurt 	<ul style="list-style-type: none"> > Breastmilk or infant formula is still important. Give solids after or between milk feeds > Offer one new food at a time > Start offering solids once a day and increase to 2-3 times each day
7-8 months Mashed foods (soft lumps) 	<ul style="list-style-type: none"> > Baby cereals, porridge, wholegrain breakfast biscuits > Cooked and mashed vegetables and fruit (all sorts) > Soft fruit (banana, avocado) > Cooked and mashed meat, chicken and fish (remove all bones) > Rusks > Full fat grated cheese 	<ul style="list-style-type: none"> > Offer solids 3 times each day > Give solids after or between milk feeds > You can begin a meal pattern of breakfast, lunch and tea > After 6 months, give tap water from a cup
8-12 months Progress from lumpy, to chopped and finger foods 	<ul style="list-style-type: none"> > Cooked or soft vegetables and fruit in small pieces (all sorts) > Minced meat and cooked pieces of chicken and fish > Bread - wholemeal is best > Cooked pasta, rice > Lentils and beans > Full fat cheese and yoghurt > Well cooked egg 	<ul style="list-style-type: none"> > Offer 3 meals a day and start to offer 1-2 snacks > Let your baby guide how much food they take at each feed > Let babies self-feed
12 + months All textures (except hard foods)	<ul style="list-style-type: none"> > Family foods > Keep offering new foods. It may take many tries to accept new foods 	<ul style="list-style-type: none"> > Offer 3 meals a day plus 1-2 snacks > Continue to breastfeed or replace with full cream milk from a cup > Your child needs no more than 600mls of milk a day > Continue plain tap water from a cup