



Starting Solids

Introduce solid foods at **around 6 months**, when baby is

showing signs of readiness

– watching others eat, leaning forward, grabbing food and spoons –

As long as **iron rich foods** are included as first foods

(eg. Iron enriched cereals, pureed meats, cooked tofu and legumes)



Other foods can be introduced in any order

and at a pace that suits your baby

Variety and increasing texture is important

Do not add sugar, honey or salt

... progressing to finger foods and family meals

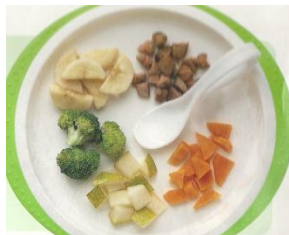
Pureed



Lumpy mushy



Finger foods



Family foods



Examples of family meals