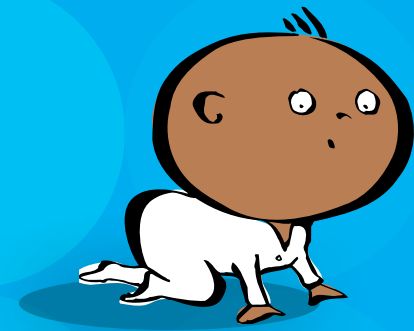


Menu planner

baby's first foods



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	First try	Next try	Move on to	Keep increasing textures and quantity
Morning	Breastmilk or infant formula	Breastmilk or infant formula Baby cereal or porridge with fruit and milk*	Breastmilk or infant formula Baby cereal or porridge with fruit and milk*	Breastmilk or infant formula Mashed banana and toast fingers
Mid-morning	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
Lunch	Baby cereal mixed with milk* Breastmilk or infant formula	Puree or mash of potato with vegetables (e.g. broccoli, carrots, parsnip, cauliflower) Breastmilk or infant formula	Mashed meat or fish or egg or lentils Soft cooked potato or pasta and vegetables mashed or as finger food Breastmilk or infant formula	Well-cooked mashed fish with no bones Soft cooked sticks of sweet potato and other vegetables Soft, peeled fruit mashed or as finger food with fromage frais Breastmilk or infant formula
Mid-afternoon	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
Evening	Breastmilk or infant formula	Breastmilk or infant formula	Soft, peeled fruit mashed or as finger food (e.g. banana, mango, melon) with yogurt Breastmilk or infant formula	Soft, cooked pieces of chicken Rice Soft cooked vegetable mashed or as finger food Breastmilk or infant formula

*Mixed with breastmilk, infant formula or whole cow's milk.

Give your baby breastmilk or infant formula as drinks, and also offer water to drink with meals. The menu planner is intended as a guide. Every baby is an individual and they develop at different rates. Introduce a greater variety of tastes and textures once your baby has accepted the first simple foods, until they can eventually eat the same as the rest of the family, but in smaller portions and with no added sugar or salt. Other foods to try: soft cooked meat, pasta shapes, lentils, pieces of chapatti, mashed hard boiled eggs, and whole milk dairy products like yogurt.