

## How to puree meats, vegetables and fruits

Step 1



Step 2



Step 3



Step 4



Step 5



OR

Step 6



## Who do I contact for support?

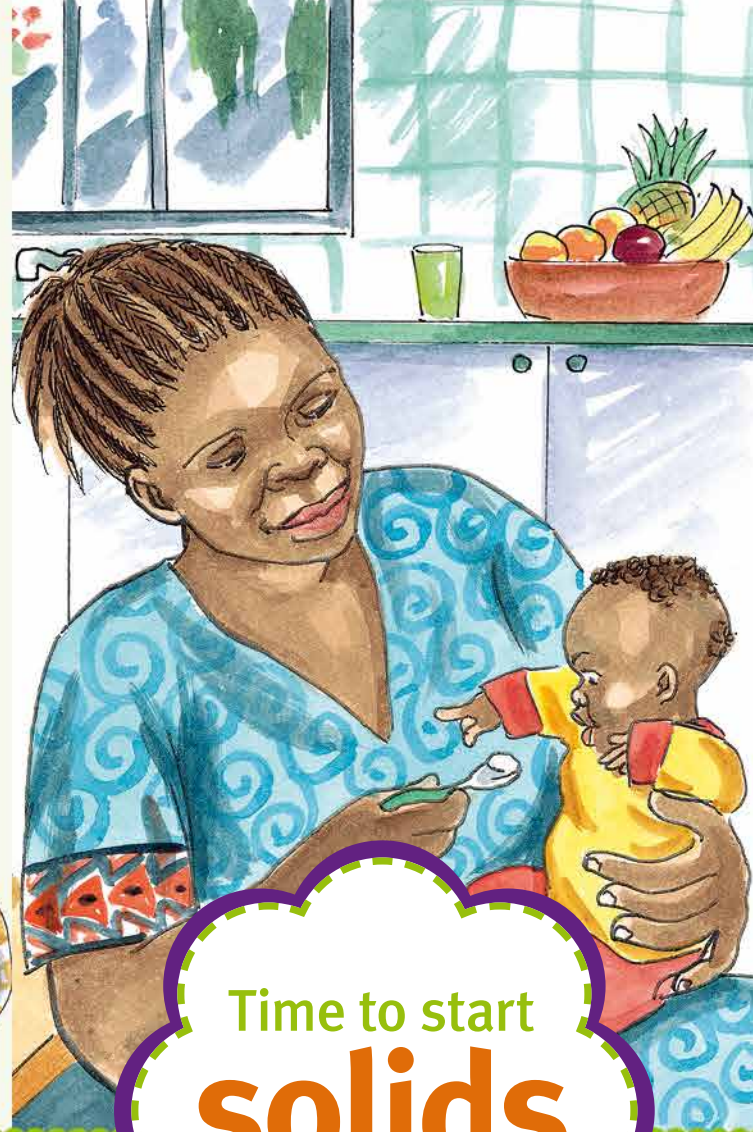
Contact your nearest child health nurse for more information on introducing solids to your baby.

Queensland Health  
www.health.qld.gov.au

**13 HEALTH**  
(13 43 25 84)  
Concerned?  
Make the call.



Sept 2015



Time to start  
**solids**  
for your baby

## How to prepare infant cereal

Step 1



Step 2



Step 3



Breastmilk  
OR water

Step 4



Step 5



Do not put cereal  
in a bottle

QUT



Queensland  
Government



# Introducing solids to your baby

**0-6 months**



**6 months**



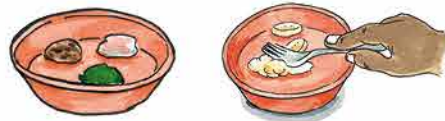
**8 months**



**12 months**



**Pureed and minced foods:**  
Start with soft and smooth foods.  
Make food more lumpy as your baby grows.



**Chopped or finger foods:** Start to offer chopped or finger foods from 8 months. Babies like to pick up food and feed themselves.



**Family foods:**  
At 12 months old, babies can eat most of the foods that the family eats.



Breastmilk + water that has been boiled and then cooled



Breastmilk + water



## Iron-rich foods

At 6 months, your baby needs food that contains iron. Children need iron to grow strong and healthy.

Good sources of iron include:

- iron-enriched infant cereals
- meats
- lentils
- chicken
- fish
- green leafy vegetables.

## Unhealthy foods for babies

