How to prepare infant cereal

Do not put cereal in a bottle

How to puree meats, vegetables and fruits

Time to start solids for your baby

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

Sept 2015
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

Introducing solids to your baby

0-6 months

Breastmilk + water that has been boiled and then cooled

6 months

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

8 months

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

12 months

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