Grow
Early Education

Introducing Solid Foods to Babies

Start Solid Foods at Around 6 Months

- At 6 months of age, a baby's iron stores are low and extra foods will be needed to maintain healthy growth and prevent nutritional problems.
- Start to introduce solids at around 6 months – when you baby begins to show an interest in food.

Breast Milk and Formula are Important for 12 Months

- Continue to feed baby breast milk or infant formula even when solids are being introduced.
- Breast milk is important for at least 12 months of age (or longer if you and the baby desire).
- If you are feeding your baby infant formula, this is important until 12 months.

Signs Your Baby is Ready for Solids

- Good head control and able to sit with support.
- Watching and leaning forwards when food is around.
- Reaching out to grab food or spoons in their mouth.

How to Introduce Solids

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- Breast milk is important for at least 12 months of age (or longer if you and the baby desire).
- If you are feeding your baby infant formula, this is important until 12 months.

Baby's First Foods

- Start with a single food rather than a mixture
- Start with iron-fortified cereal (mixed to a smooth texture with expressed breast milk or formula) or an iron-rich food (such as pureed meat, chicken, fish, egg, cooked, plain tofu, or legumes).
- Offer coarsely pureed or mashed foods, progressing to lumpy and finely chopped options by 8 months.

Food Suggestions from 8 to 9 Months

- Chopped fruits or finger food – such as tender meats, cooked vegetables, soft diced fruit or bread crusts.
- More variety of fruit, vegetables, meats, chicken, and well cooked fish.
- Introduce pasta, rice, and bread.
- Small amounts of cows milk on cereals, as custard, cheese, or yoghurt.

Source: betterhealth.vic.gov.au