

# Baby's first foods

From birth to 12 months  
For mums, dads, families and carers



**Before 6 months old,** breast milk or baby formula is all your baby needs.

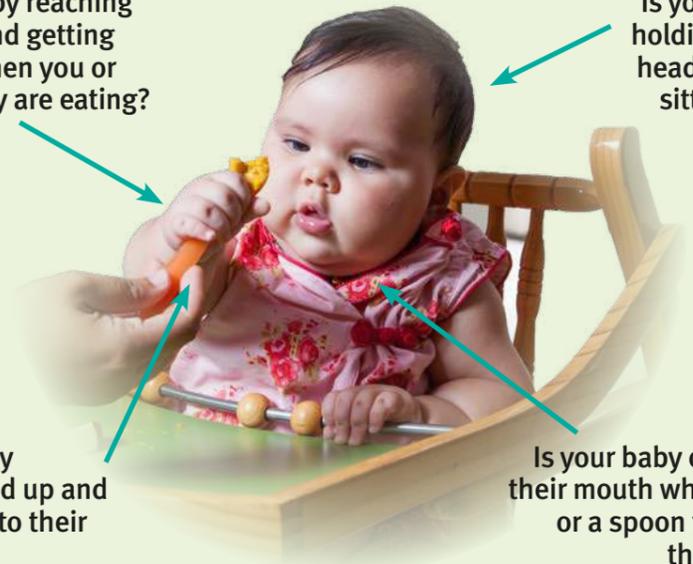


**At around 6 months old,** give your baby a **variety of foods in any order.** Include **iron-rich foods** and possible allergenic foods. Continue to give your baby breast milk or baby formula and boiled water that has been cooled down.

## Signs that your baby is ready for their first foods

Is your baby reaching for food and getting excited when you or your family are eating?

Is your baby holding their head up and sitting up?



Is your baby picking food up and bringing it to their mouth?

Is your baby opening their mouth when food or a spoon touches their lips?

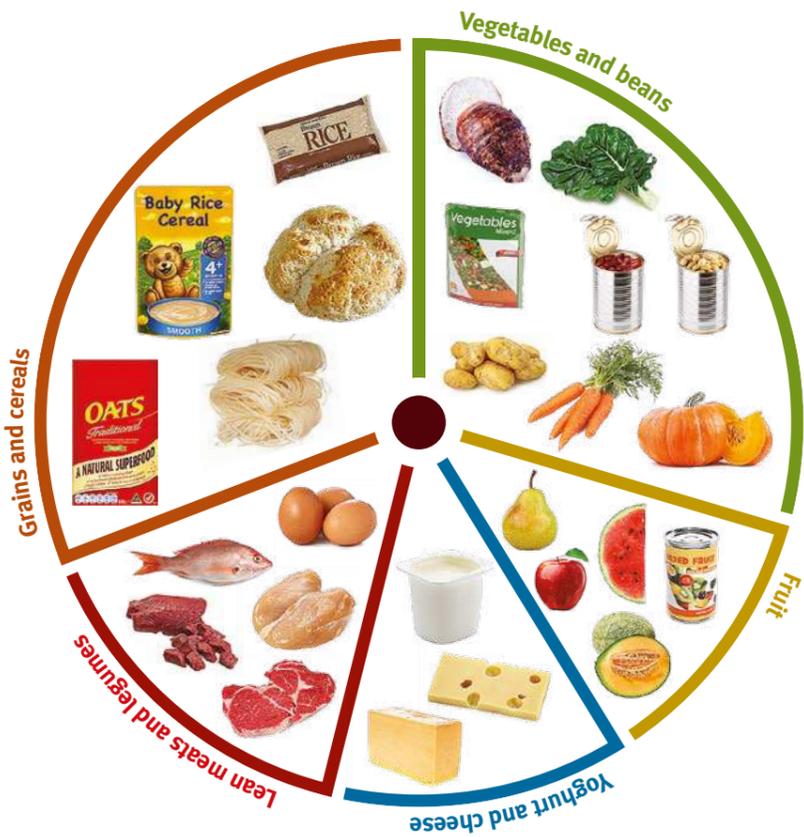
**Remember, if your baby is pushing food out with their tongue then they are not ready for their first foods just yet.**



Start with **pureed, mashed or mushy foods.** As your baby grows, give them small pieces and finger foods to hold.



**At around 12 months old,** keep giving your baby breast milk if wanted. Your baby can be eating the same foods as the rest of the family and drinking from a cup. Full fat cow's milk is okay to give to your baby and can help your baby grow and develop.



**Everyday foods include:** Vegetables and beans, Fruit, Grains and cereals, Lean meats and legumes, Yoghurt and cheese

## What foods and drinks do I **avoid** giving my baby?

### Foods:

- Foods that are high in **sugar, salt** and **fat.** Remember to not add sugar or salt to foods.
- **Honey.**
- **Whole nuts** and other hard foods like **seeds** and **lollies.**



### Drinks:

- **Fruit juice, cordial, soft drinks, sport drinks, energy drinks, flavoured waters and flavoured milks.**
- **Low or reduced fat milks.** Do not give your baby these until they are over 2 years old.



For more information and helpful tips, ask your health professional for the **'Baby First Foods' Flipchart.**

### Also, look at these six video clips:

- **Video One** – How do I know my baby is ready for food?
- **Video Two** – When and how do I feed my baby?
- **Video Three** – What foods do I avoid giving my baby?
- **Video Four** – What drinks do I give my baby?
- **Video Five** – What about allergies?
- **Video Six** – How do I keep my baby's food safe, including preparation and storage?

They are available at: <http://www.childrens.health.qld.gov.au/health-professional-resources/>

Mum, Dad, family and carers, please see your health professional if you have any questions or worries.

