

START RIGHT



EAT RIGHT

Recommended schedule for introducing solids to infants

Our centre will follow the following recommended schedule for introducing solids.

Menu Development Guide	
Age and Texture	Suitable Foods
Birth – 6 months	<ul style="list-style-type: none">Breast milk/infant formula provides all the nutrition a baby needs for about the first 6 months of life.
“First tastes” 6 months to 7 months. (If needed earlier, solids can be offered after 4 months, but NOT BEFORE 4 months.) Smooth and pureed foods.	<ul style="list-style-type: none">Breast milk/infant formula as the main drink.Introduce first solids, one at a time:<ul style="list-style-type: none">First introduce baby rice cereal (iron enriched)Then fruits and vegetablesThen pureed, well-cooked meatPlain or “Baby” *Yoghurt and *custard,*Cow’s milk in small amounts in the preparation of foods
“Learning to chew and self-feeder” 7-12 months. Mashed or chopped food progressing to finger foods.	<ul style="list-style-type: none">Breast milk/infant formula as the main drink.Fruits, vegetables and legumesWell-cooked lean meat, poultry and *fish.*Yoghurt with soft lumps, *custard, *cheeses.Other cereals (eg., wheat, oats), bread, pasta*Eggs – (well cooked)
“Centre menu with some changes” 1-2 years	<p>Offer a wide variety of foods from the centre menu, some changes in texture or flavour may be needed. Use the SRER Nutrition Checklist as a guide to food variety, but quantities may differ for younger age groups.</p> <ul style="list-style-type: none">Breast milk and/or full cream cow’s milk as a drink.Water and no more than one small cup of diluted (50:50) fruit juice from a cup, not a bottle.

*There is no evidence that delaying the introduction of highly allergenic solids (e.g. cow’s milk, soy, wheat, egg, and fish) reduces the risk of developing a food allergy. Introduce these foods in the child’s diet at the normal time for introduction of solids as specified above (ASCIA Infant Feeding Advice 2008, available online:

www.allergy.org.au/images/stories/pospapers/ascia_infantfeedingadvice_oct08.pdf).

Although this advice also applies to infants with siblings who already have food allergies, families with a high risk of allergy should consult with their doctor if they have any concerns.

Information adapted from World Health Organization 2000, ‘Feeding and nutrition of infants and young children’ and the Child and Youth Health website, www.cyh.com.au.