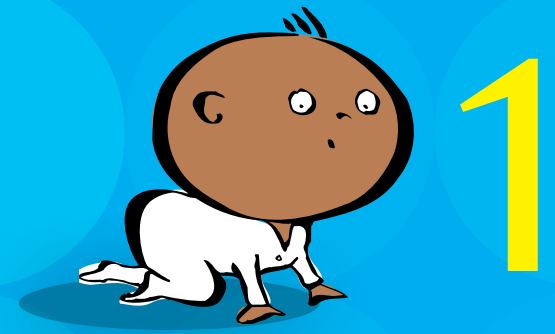




# Menu planner

## baby's first foods



	First try	Next try	Move on to	Keep increasing frequency and textures
Morning	Breastmilk or infant formula	Breastmilk or infant formula Baby cereal*	Breastmilk or infant formula Baby cereal*	Breastmilk or infant formula Mashed banana and toast fingers
Mid-morning	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
Lunch	Baby cereal* Breastmilk or infant formula	Fruit or vegetable purée or mash (e.g. apple, pear, potato, yam) Breastmilk or infant formula	Soft cooked vegetable mashed or as finger food (e.g. carrots, parsnip) Breastmilk or infant formula	Mashed fish (well-cooked, with no bones) Soft cooked sticks of sweet potato Soft, peeled fruit mashed or as finger food with fromage frais Breastmilk or infant formula
Mid-afternoon	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula	Breastmilk or infant formula
Evening	Breastmilk or infant formula	Breastmilk or infant formula	Soft, peeled fruit mashed or as finger food (e.g. banana, mango, melon) Breastmilk or infant formula	Soft, cooked pieces of chicken Soft cooked vegetable mashed or as finger food Rice Breastmilk or infant formula

Give your baby breastmilk or infant formula, and also offer water, throughout the day as required. The menu planner is intended as a guide. Every baby is an individual and they develop at different rates. Once your baby has accepted the first simple foods, a greater variety of tastes and textures should be introduced until they can eventually eat the same as the rest of the family, but in smaller portions and with no added sugar or salt. Other foods to try: soft cooked meat, pasta shapes, lentils, pieces of chapatti, mashed hard boiled eggs, and whole milk dairy products like yogurt. **\*Mixed with breastmilk or infant formula before 6 months. From 6 months whole cow's milk may be added to cereal and used in small amounts in cooking, but it is not suitable as a drink until one year.**