

Eating well for babies 6 months +

The Three Golden Rules

1



Base meals and snacks around **minimally processed** and natural foods.

2



Mealtimes matter. Take your time, make eating a happy event, and be a good role model in how you eat yourself.

3



Avoid ultra-processed foods. If there are more than a handful of ingredients on the label, put it back on the shelf!

Seven Easy Steps To eating well for babies 6 months +

1 Breastmilk or first infant formula are the only milk drinks babies need in the first year of life. Babies can have water or milk in an open cup from 6 months – just a little at a time to start with as they get used to handling a cup.



2 Choose a variety of simple foods to introduce as first foods: vegetables, potatoes, fruit, eggs, beans, ground nuts and seeds, meat, fish, pasta, rice and other grains, and full-fat plain yoghurt.



5 Follow your baby's lead when introducing food. At about 6 months some babies may prefer to start with smoother foods; others may be ready for mashed and lumpy food. All babies should be encouraged to hold finger foods and get involved with meals from the start.



4 Keep food safe. Make sure everyone washes their hands before preparing food and helping babies at mealtimes, and follow good hygiene practices in preparing and storing food.



3 Baby's meals can be made from the same ingredients as healthy family meals: just don't add salt or sugar to baby's portion. You don't need special baby food which is expensive and is often less nutritious than home-cooked food.

6 Avoid foods in small hard or chewy pieces such as nuts, grapes or tomatoes which may be a choking hazard. Avoid honey and unpasteurised dairy foods which may be linked to food poisoning. Cook raw meat and fish well and ensure there are no bones. Never leave a baby alone when eating.

7 Think about the future. We are all responsible for the precious planet we live on. Buy good quality local food and don't waste it!



FIRST STEPS NUTRITION TRUST



www.firststepsnutrition.org
@1stepsnutrition