

Around 6 months (not before 4 months)

# First foods— smooth foods and soft lumps

NIP  
ALLERGIES  
IN THE

*Bub*

Iron rich foods

Developing tastes

Learning about eating

- Starting to eat solid foods is an important milestone!
- Start offering your baby solid foods when your baby is showing signs that they are ready. Babies will be ready at different times, so if you offer food and your baby isn't interested, you can try again a few days later.
- First foods should include iron rich choices such as fortified baby cereals, egg, beans and lentils and soft cooked and pureed meat. You can give these along with vegetables, fruits and grains.
- As your baby gets used to eating, start to include the common allergy causing foods in the foods you feed them. Choose one or two of the common allergy causing foods that your family eat regularly, and start to add these to the foods you feed your baby.



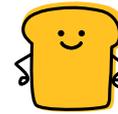
**COW'S MILK**

Plain yoghurt (full fat, unsweetened plain) or smooth ricotta can be added to pureed vegetables or fruits. Standard infant formula are based on cow's milk. Mix a small amount of custard (unsweetened plain) with baby cereal or fruit puree.



**EGG**

Hard-boiled egg yolk mashed into pureed vegetables. Hard-boiled egg yolk mashed into baby cereal.



**WHEAT**

Iron fortified, wheat-based baby cereals. Try semolina porridge mixed with breast milk or infant formula.



**FISH**

Tinned salmon or tuna can be mashed and mixed into pureed vegetables. Try steamed, boneless white fish finely shredded and stirred into vegetables.



**SOY**

Tofu can be mashed smoothly and mixed into fruit purees.



**PEANUT**

Dilute smooth peanut paste with water and stir into pureed vegetables. Mix a small amount of peanut flour or smooth peanut paste with baby cereal or fruit puree.



**TREE NUTS**

Dilute smooth tree nut pastes with water and stir into pureed vegetables.



**SESAME**

Tahini can be added to fruit or vegetable purees.

This information provides specific ideas for introducing the common allergy causing foods. For general information about infant feeding, refer to the health services in your state or territory or the Raising Children's Network.

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