

# BABY FOOD INTRODUCTION TIMELINE

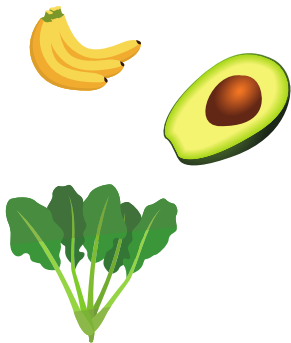
## Newborn - birth to 6 months



### Baby begins his or her food journey

Breastmilk or Formula (with DHA -omega 3 and ARA - omega 6) provides bub with all the nutrients they need for their first year, continue to offer during all five stages. Nature supports these first steps in your baby's food journey with colostrum - an easily digestible pre-milk substance that eases the gut into digesting nutrients, whilst giving baby's immunity a kickstart with all mum's antibodies.

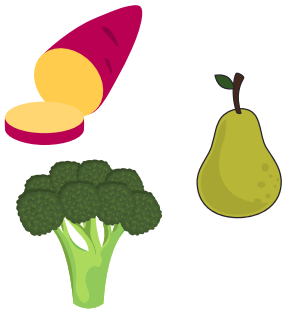
## First Tastes - 5 to 6 months



**Introduction to pureed foods in addition to your baby's breastmilk or formula. Aim for a smooth consistency that is runny and not too different from breastmilk/formula. Introduce vegetables first, then fruits. Offering once a day to begin with.**

Choices include:- sweet potato, avocado, pumpkin, pears, banana, apples, oatmeal, rice cereal, carrots, parsnips, spinach, silver beet, kale, prunes, zucchini, beetroot.

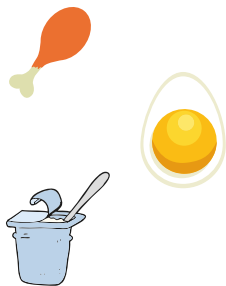
## 7 to 8 months



**Your baby may be sitting, crawling and mastering pureed foods. Start to introduce baby led weaning finger foods - continue with pureed foods and breastmilk/formula. Offering food once to twice a day depending on bub's cues.**

Choices include:- wholemeal spelt/rye bread, broccoli, cauliflower, parsnips, potato, rice, chia seed, quinoa, along with roasted/steamed/boiled first tastes food.

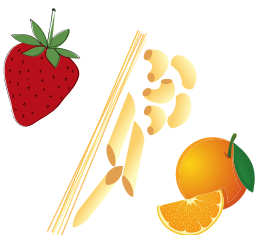
## 8 to 10 months



**Start to include herbs and spices with foods and pureed meats, in combination with first and second taste foods, breastmilk and formula. Begin introducing high allergen foods. i.e. wheat, dairy, nuts, eggs, legumes, tofu/soy. Give one high allergen food every 2nd or 3rd day for 1 week and monitor for reactions, before trying another.**

Choices include:- nut butters, hummus, pureed chicken, beef, pork, lamb, turkey and salmon/fish, eggs, buckwheat/gluten free pasta, wholemeal wheat bread, lentils, tofu, natural yoghurt, cheese.

## 10 to 12 months



**Start to include varied combinations of foods. Continue with breastmilk/formula. Foods can start to have a thicker/lumpier texture, mashed rather than pureed. Also start to include citrus/acidic fruits which can be irritating to their little stomachs, monitor for irritability. Provide food based on bub's cues - may include snacks and 2-3 meals per day.**

Choices include:- oranges, tomatoes, eggplants, strawberries, kiwi, wholemeal wheat pasta and bread, shell fish, mussels.