

# Nutritional Needs of 6 to 12-Month-Old Babies



When your baby is showing signs they are ready, usually at around 6 months, you can start to introduce solid foods.

## Starting Solids: Daily Food Guide for 6-12 Month Olds

When your baby, showing signs they are ready, usually at around 6 months, to start to introduce solid foods.

- Their main source of food will still be breast milk or formula.
- Start once a day with iron-rich baby cereal or pureed meat or tofu.
- Let them guide you when your baby is full.
- Texture is important. As your baby begins to take food from a spoon, move to thicker textures and soft lumps.
- By 8 to 9 months, you can give solids at breakfast, lunch, and dinner.



6 months    8 months    10 months    12 months

### Allergy foods

You should start introducing common allergy foods from around 6 months.

- Try one type of food at a time, then wait a couple of days before trying another.
- Common allergy foods include cow's milk, eggs, nuts, wheat, and seafood.

 **Remember:** don't give your baby whole nuts as they are a choking hazard.

Their main source of food will still be breast milk or formula.  
Start once a day with iron-rich baby cereal or pureed meat or tofu.  
There is no exact amount for how much your baby should eat each day. Try

different foods and let them guide you to when they are full.

Texture is important. As your baby begins to take food from a spoon, move to thicker textures and soft lumps.

By 8 to 9 months, you can give solids at breakfast, lunch and dinner. As your baby gets older, move to thicker textures and soft lumps.

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