

Introducing Solids Timeline

Age	Birth	Around 6 months but not before 4 months		From 6 months		From 12 months
Food	Breast milk or infant formula	Breast milk or infant formula and start to introduce solid food		Breast milk or infant formula and an increasing amount of solid food		Breast milk or full cream milk and meals
		Foods high in iron: iron fortified cereal, meat, poultry, fish, legumes and tofu	Other foods: vegetables, fruit, cereals, eggs, dairy foods and nut pastes	Increasing variety of family food which can be modified		Increasing variety of family meals
Texture progress	Liquids	Pureed	Mashed	Minced or chopped	Finger foods	Family food chopped or mashed
Babies development	Sucking reflex and tongue thrust	They can control their tongue and do not stick it out when given food Able to hold head up Interested in food		Starts to chew and bite Sits without support Starts to learn to drink from a cup		Can hold a cup Starting to grind food

