

# Vegetarian Eating and Babies

## First foods

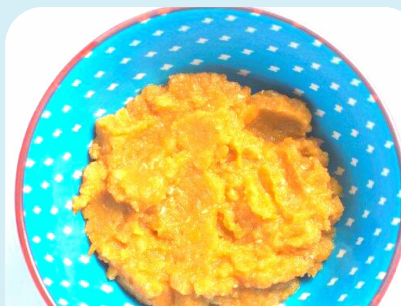
Breastfeeding is the normal way to feed a baby. Breast milk or a commercial infant formula will give your baby all their nutrition until around six months. Breastfeeding (or infant formula) is baby's main food until they are around 12 months old. Start solid food at around six months but not before four months.

**Offer foods from  
the five food  
groups**



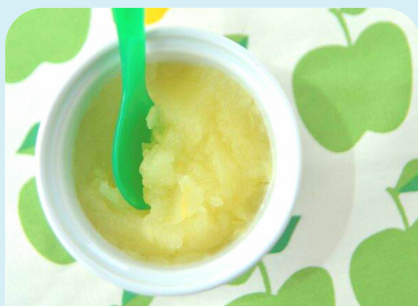
### **Grain (cereal) foods**

Baby cereals with added iron  
Choose mostly wholegrain or high fibre varieties.



### **Vegetables and legumes**

Mix cooked vegetables and legumes like kidney beans, white beans and lentils together



### **Fruit**

Cooked fruit and soft fresh fruit  
Cook all hard fruit until soft for babies like apple and pear.



### **Tofu, nut pastes, seeds and legumes, eggs if vegetarian**

Offer everyday  
For iron



### **Full fat dairy, soy yoghurt and cheese, cereal milks\***

\*With added calcium and vitamin B12 (soy and cereal milk)  
Use in cooking and on cereal.

## Milk for babies and toddlers



### Breastfeeding

Breastfeed for as long as you and your baby wish, up to two years if possible.



### Infant formula

Infant formula is not needed after 12 months.

If your baby is having a mix of vegetarian foods they can start to have full cream dairy milk or soy and cereal milks with added calcium and vitamin B12.



### Vegan milk substitutes

For babies and toddlers who are not being breastfed or having only some breastfeeds, use a commercial soy infant formula as a milk substitute for up to two years.

Use a cup not a feeding bottle from 12 months of age.

## Growth checks

All babies and young children should have their growth and development checked by a child health nurse or GP regularly.

## Want to know more

Ask your GP or child health nurse.