

BABY FOOD GUIDELINE

SHEKNOWS AUSTRALIA



FOOD	PREPARATION	SUITABLE AGE
 BABY CERERAL (rice cereal, porridge, muesli, etc.)	Prepare with a little breast milk, formula or cooled boiled water. Serve with mashed fruit, such as banana or stewed apple.	4 months+
 VEGIES (pumpkin, carrot, sweet potato, potato, zucchini)	Steam, boil or roast, then puree with a little water to make a smooth consistency.	4-8 months+
	Steam, boil or roast, then mash into a smooth consistency (once baby has teeth the mixture can be lumpier).	6-12 months+
	Roast in small chunks and serve as a finger food (suitable once your baby has teeth).	12 months+
 AVOCADO	Once mashed, it can be added to another fruit/vegetable or spread onto toast or Cruskits.	6 months+
 EGGS - yolk only	Eggwhite is highly allergenic and should be avoided until 12 months of age.	6 months+
 TOAST	Butter and cut into soldiers for baby to suck on. Avoid spreads until baby is 12 months or older.	8 months+
 MEAT	Babies begin to lose their iron stores from 6 months old, so serve up iron-rich meats like beef, one part meat to two parts vegie is ideal.	6-7 months+
 CHICKEN	Chicken is a great source of protein. Puree for small infants or serve as a finger food to older babies.	6-7 months+
 CHEESE	Full-fat cheese can be mixed in with vegie mashes.	8 months+
 YOGHURT	Opt for Greek yoghurt with fruit, or other low-sugar, cultured yoghurts made with quality ingredients.	8 months+
 EGGS - whole egg	Serve scrambled, poached or soft boiled with toast soldiers for dipping.	12 months+
 HONEY, JAM, PEANUT BUTTER	Spreads should be avoided before 12 months of age due to high sugar and high allergy potential.	12 months+



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