

# What foods can I offer from 6-8 months?

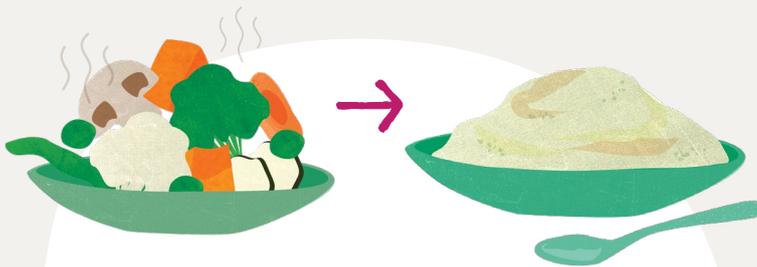
After 1-2 weeks of smooth-mashed foods, you can start giving your baby a mix of soft, mashed and lumpy foods **AFTER** breastfeeding or formula.

This helps them learn to bite and chew, even without teeth. You can increase to 2 meals a day if your baby is hungry. To check if a food is soft enough, it should easily squash between your thumb and finger.

You can give your baby small amounts of full-fat cow's milk on cereal, yoghurt or in mashed vegetables. **DO NOT** give cow's milk as a drink before they are 12 months old.



## Examples of mashed or soft foods to offer between 6 and 8 months:



Cooked vegetables  
(pumpkin, carrot, zucchini, potato, sweet potato, broccoli, cauliflower, green beans, mushrooms, peas)



Cooked porridge with oats, semolina or bulgar wheat



Cooked, boneless fish  
(salmon, tuna, sardines)



Cooked, boneless meat  
(beef, lamb, pork, chicken, goat, turkey)

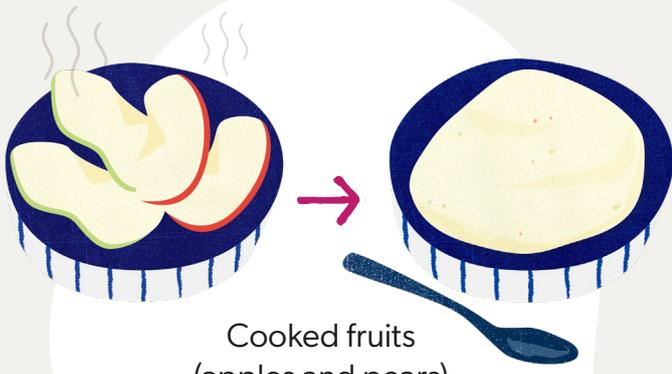


For more information, visit:  
A parent's guide to eating for  
under 5s



To access the full digital guide  
'From Starting Solids to Cooking for the  
Whole Family' visit [melton.vic.gov.au/  
startingsolids](http://melton.vic.gov.au/startingsolids) or scan the QR code

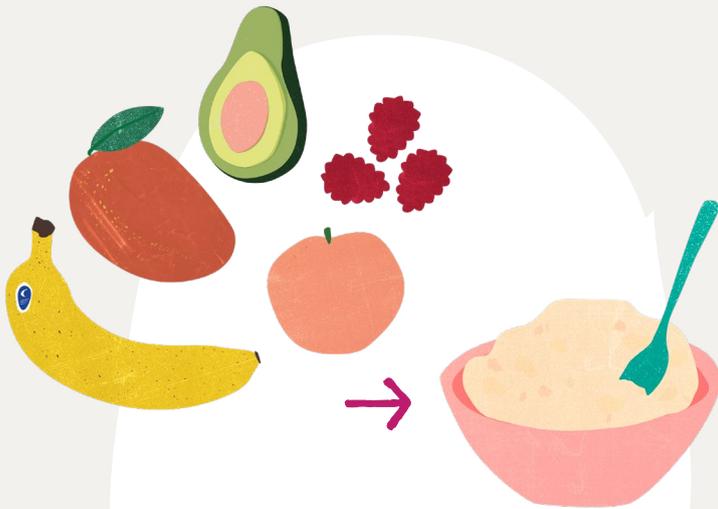




Cooked fruits  
(apples and pears)



Plain, full cream yoghurt  
(no added sugar or honey)



Soft, mashed fruits  
(ripe banana, avocado, mango,  
peaches, raspberries)



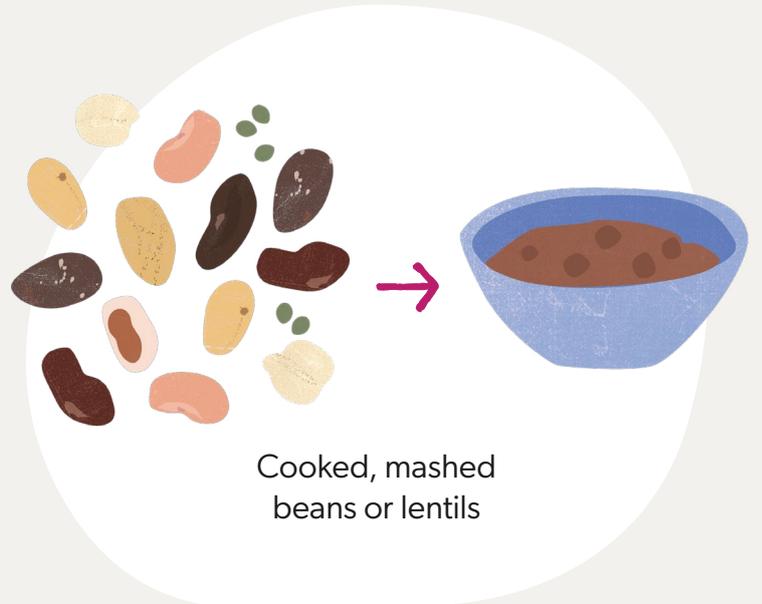
Scrambled eggs  
(well-cooked)



Cooked,  
mashed tofu



Cooked pasta, rice and  
noodles (small pieces)



Cooked, mashed  
beans or lentils