

# What foods should I start with?

Start feeding your baby cooked, smooth-mashed food with a spoon once a day. They might only want 1-2 teaspoons at first. You can give smooth-mashed food or soft pieces (like baby-led feeding) – you can choose.

Begin with 1 meal a day **AFTER** breastfeeding or formula. You can increase to 2 meals a day once your baby is eating 2-3 tablespoons in the first meal.

**First foods must be high in iron** because your baby needs more iron than breastmilk or formula can give them at this age.



You can start giving your baby cooled, boiled tap water in a cup to help them practise drinking from a cup instead of a bottle.

## TIP

If you don't have a blender, push the cooked food through a sieve with a spoon.



## TIP

Add breast milk or formula to the food to make it smooth-mashed.

## TIP

You don't need to try just one food at a time unless it's a common allergy-causing food. Mix different foods together!

Your baby's food doesn't need to be bland. Add flavours with herbs, spices or lemon.

## TIP



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



## Non-vegetarian foods high in iron:

beef



lamb



tuna



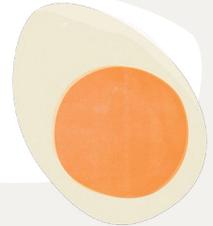
pork



chicken



eggs



kangaroo



salmon



liver



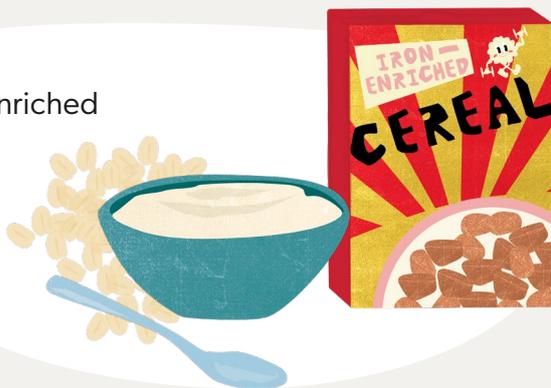
sardines



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## Vegetarian foods high in iron:

iron-enriched cereal



green leafy vegetables  
(spinach, kale,  
bok choy)



tofu



legumes (lentils,  
soybeans, chickpeas,  
kidney beans,  
cannellini beans)

