

Introducing your Baby to solid food

When introducing new foods into your baby's diet do it very slowly, ie 1 food every 3-5 days, watching for any possible reaction. These may include: diarrhoea, constipation, vomiting, irritability, colic, bloating, erratic sleep and skin rashes. Your baby's digestive system is very porous and enzyme production is often inefficient. Early exposure to poor food choices and common dietary allergens may weaken your child's future digestive capabilities.

	Fruit	Vegetable	Grains	Fats/Protein	Others/Notes
6-9 months	(Group 1) Red apple, pears, pawpaw, banana (Group 2) add next Mango, Rockmelon, stone fruit	(Group 1) Carrots, pumpkin, sweet potato, peas, celery, beans, parsnip (Group 2) add next; zucchini, squash, broccoli, cauliflower spinach, brussels sprouts, sprouted seeds and beans, mushroom, onion	Gluten free grains as ground cereal initially, then as flakes. (Group 1) Brown rice (Group 2) Amaranth, millet, buckwheat, sago, tapioca, quinoa, buckwheat	Avocado oil, olive oil	Parsley Foods are best steamed, baked or stewed at this stage. Offer a little raw food occasionally. Organic is best
9-12 months	Apples, berries, grapes, watermelon, citrus fruits, organic dried fruit	Cucumber, lettuce, beetroot, asparagus, corn, leek, sea vegetables eg nori, wakame, hijiki, kelp, kombu Closer to 12 months: eggplant, potato, capsicum, tomato,	Rice puffs, rice cakes, gluten free pastas, corn puffs, corn cakes, polenta, oats, barley, brown rice (well cooked to avoid choking hazard)	Tofu, miso, Seeds (pumpkin, sesame, sunflower) Nuts (walnuts, almonds, pecans) Beans (Adzuki, chick peas, soybeans) Chicken, turkey, lamb, lentils, egg yolk, organic soy milk, soy yoghurt Pork and Fish closer to 12 months (Oils of Sesame, walnut, safflower, macadamia)	Nut pastes, apple/pear concentrate, golden/rice/maple syrup, tahini, rice/soy/cornflour, baking powder Beans and lentils are best sprouted Nuts should be crushed, or used as a paste Fish should be added after 12 mths if there is a family history of allergy
12-18 months	strawberries		Wheat products (preferably in small amounts)	Egg white, other beans and pulses, goat's and sheep's yoghurt, cheese and milk Then cow's yoghurt, cheddar and milk	Herbs, spices, brown/raw sugar
18-24 months	Diluted commercial juices			Shellfish, whole nuts	White sugar