

Messy Munchers

Introducing your baby to solid food

My tummy is tiny so keep portions small. At first try a few teaspoons or pieces of food once a day.

Include me at mealtimes as I learn what and how to eat by watching you.

Breast milk or infant formula provide me with all the nutrients I need for the first six months of life.

Sometimes it can take up to 15 tries for me to accept a new food so don't give up first time.

Sugar and salt are not good for me so avoid adding any to my food.

Around 6 months old, the 3 clear signs that I am ready for solid food are that I can

- hold my head steady
- pick up objects and bring them to my mouth
- swallow food rather than pushing it back out with my tongue

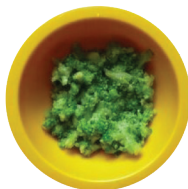


Let's get Messy Munching...



Make it simple

Start with a single vegetable or fruit that is soft or well cooked. No need to puree. Simply mash finely with a fork or give as a finger food. This will help your baby learn to chew and swallow solid food.



Mashed



Finger food

Make it colourful

Giving a variety of fruit and vegetables will let your baby try lots of colours, flavours and textures.



Fruit



Vegetables

Make it tasty

First tastes don't have to be difficult. This stewed fruit recipe is quick and simple to prepare.

Ingredients:

- 1 eating apple, peeled and finely chopped
- 5 apricots (tinned in natural juice) finely chopped
- 4 tablespoons of water

Method:

Put all the ingredients into a saucepan and gently simmer until fruit is tender. Serve on its own or have with wheat biscuit and natural or plain yogurt. You can try with homemade custard or rice pudding too.



Adult portion

Infant portion



For more information check out the Fun First Foods and Getting Started booklets

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