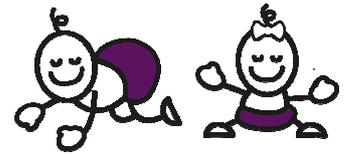


Weaning



10 to 12 months

By 7-9 months of age, your baby should have started on a range of puréed and mashed foods and some finger foods, and be eating three meals a day, as well as having four milk feeds of breast milk or infant

By 10-12 months of age, a baby should be eating a range of minced and chopped foods and be eating three meals a day, as well as having three drinks of breast milk or infant formula (a total of about 400ml a day).

What consistency should the food be?

Foods for babies of this age should be minced and chopped rather than mashed, and babies should be introduced to some harder foods to get them used to biting and chewing. Cut up hard foods into bite-size pieces so that the baby can't bite off too large a piece and choke.

Finger foods for 10-12 month olds

By 10-12 months, babies can start to have a bigger range of finger foods with their meals. These can include raw fruit and vegetables and crunchy and chewy foods.

Examples of finger foods for 10-12 month olds include the following:

- Raw fruit and vegetable pieces (with any pips and stones removed) – such as apple, pear, banana, orange segments, quartered cherries or grapes, cucumber, carrot, pepper or green beans
- Starchy foods such as breadsticks, rice cakes, bread crusts, pitta bread strips, toast, potato or pasta
- Other foods such as slices of hard-boiled egg, or tender pieces of meat or fish. (Check that there are no bones.)

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Foods should ideally be chopped or minced at this stage. It is important that you give your baby lumpier foods to encourage them to learn to chew. Even if your baby doesn't have any teeth yet, he can still bite and chew. Finger foods are great at this stage for helping your baby learn to chew and feed himself.

It is important to offer your baby a wide range of foods to make sure she gets all the vitamins and minerals she needs. Encouraging your baby to try a wide range of foods will also make her less likely to become a fussy eater later on. You can give two courses at this stage e.g. a savoury course of meat, fish or pulses and vegetables followed by fruit or yogurt/fromage frais.

Red meat, such as pork, beef or lamb, is an excellent source of iron. Pulses, such as beans and lentils, also provide iron but this is less well absorbed. However, vitamin C from fruit, vegetables and potatoes can help your baby to absorb iron from non-meat sources so it is a good idea for fruit and vegetables to be given at mealtimes. Full fat dairy foods should be given as these are a better source of vitamin A. Have a look at our factsheet about food storing, freezing and reheating.

From 12 months

Your baby will now be eating three meals a day, chopped if required, plus breast milk or whole cow's milk and healthier snacks like fruit, vegetable sticks, toast and rice cakes.

They can now drink whole cow's milk. Choose full fat dairy products because children under two need the extra fat and vitamins found in them. From two years old if they are a good eater and growing well they can have semi-skimmed milk. From five years old 1% fat and skimmed milk is ok.

You can give your baby:

- Three to four servings a day of starchy food such as potatoes, bread and rice.
- Three to four servings a day of fruit and vegetable.
- Two servings a day of meat, fish, eggs, dhal or other pulses (beans and lentils).

There are a number of foods to avoid during weaning – please see our factsheet on foods to avoid.

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