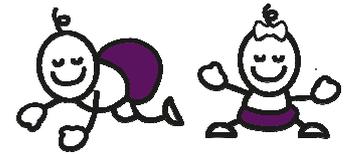


Weaning



7 to 9 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 formula (a total of about 600ml a day).

When calculating the amount of foods a baby of this age will need each day, we have assumed that the child will be having about 600ml of infant formula or an equivalent in breast milk.

Foods to try at this stage include:

- Purees of vegetables and chicken or other types of meat
- Purees of vegetables and beans or lentils
- Bread, rice and pasta
- Full fat dairy foods such as yogurt and fromage frais
- Full fat milk can be used in cooking e.g. to make cauliflower cheese or other vegetables in cheese sauce (or with breakfast cereals).

What consistency should the food be?

Food for a baby of this age should be mashed so that there are some soft lumps in it.

Finger foods - Why do babies of this age need finger foods?

It is important that babies learn to feed themselves, and most will be very keen to take an active part in meal times. Babies need to learn to bite off small, soft lumps of food, manage them in the mouth and swallow them. Also, picking up foods helps a child to develop manual coordination and dexterity, and learning about textures is an important part of development.

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Finger foods for 7-9 month olds need to be soft so that babies can start to bite pieces of food in their mouth. Cut soft foods into manageable-sized pieces, making sure there are no stringy bits, skin or pips.

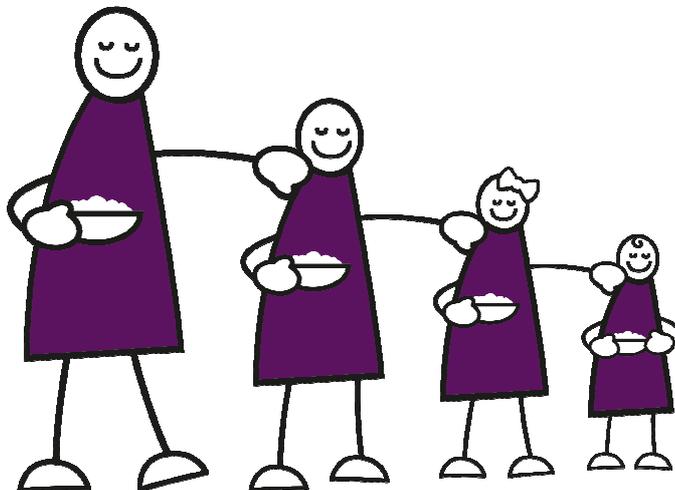
Soft finger foods suitable at this age include the following:

- Soft fruit such as melon, mango, kiwi, banana, peach, or canned fruits in juice (drained)
- Cooked vegetables such as carrot, parsnip, green beans, mange tout or red pepper
- Cooked starchy foods such as potato, sweet potato or pasta pieces
- Pitta bread or pieces of toast

Family foods

It is a good idea to encourage your baby to try family foods from quite early on. Healthy family meals can be adapted for your baby, but it is important not to add any salt or sugar when preparing. To save time, you can also prepare food in batches and then freeze individual portions (e.g. in ice cube trays with lids) to be used later. - Have a look at our factsheet about food storing, freezing and reheating.

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



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