

Eating well for babies 6m+

The Three Golden Rules

1



Base meals and snacks around **minimally processed** and natural foods

2



Mealtimes matter: take your time, make eating a happy event, be a good role model in how you eat yourself

3



Avoid ultra-processed foods – if there are more than a handful of ingredients on the label, put it back on the shelf!

Seven Easy Steps To eating well for babies 6m+

1 Breastmilk or first infant formula are the only milk drinks babies need in the first year of life. Babies can have water or milk in an open cup from 6 months – just a little at a time to start with as they get used to handling a cup.



2 Choose a variety of simple foods to introduce as first foods: vegetables, potatoes, fruit, eggs, beans, ground nuts and seeds, meat, fish, pasta, rice and other grains, full fat plain yoghurt.



5

Follow your baby's lead when introducing food. At about 6 months some babies may prefer to start with smoother foods, some may be ready for mashed and lumpy food. All babies should be encouraged to hold finger foods and get involved with meals from the start.



4

If you choose simple unprocessed foods the only foods to avoid are honey and unpasteurised dairy foods. Be careful with foods that are a choking risk such as whole nuts or chewy or hard small food pieces and never leave a baby alone when eating.



3

Baby's meals can be made from the same ingredients as healthy family meals: just don't add salt or sugar to baby's portion. You don't need special baby food which is expensive and less nutritious than home cooked food.

6

Keep food safe: make sure everyone washes their hands before preparing food and helping babies at mealtimes and follow good hygiene practices in preparing and storing food.



7

Think about the future: we are all responsible for the precious planet we live on so think about where you buy food and avoid waste.



FIRST STEPS NUTRITION TRUST

