

Starting Solids Guide



NHS
Bedfordshire
Community Health Services

Finger foods



Ripe avocado



Cooked green beans



Cooked broccoli



Cooked sweet potato



Mango

Slightly harder textures...



Boiled egg



Fish pieces (boneless & skinless)



Well cooked chicken



Cucumber



Rice cakes

Photos from First Steps Nutrition Trust. For more ideas visit www.firststepsnutrition.org

www.flyingstartluton.com

Luton

- Gradually introduce a variety of tastes from all of the four food groups. Avoid processed foods and foods high in salt and sugar.
- Offer finger foods with every meal and snack to encourage self-feeding.
- Breast milk or baby formula will continue to provide the main source of nutrients for the first year of life.
- Healthy Start vitamins are recommended for all babies if breastfed, or formula fed and having less than 500mls day (16oz), until they are 5 years old.

	From around 6 Months	Moving on	From 1 year
What	<p>Start with soft mashed textures including a variety of unprocessed foods from all four food groups:</p> <ul style="list-style-type: none"> ■ Fruit and vegetables: Cooked vegetables and soft ripe fruits (e.g. banana, avocado etc.). Offer vegetables before fruits. ■ Protein rich foods: Egg, minced or finely chopped meat and boneless fish (include oily fish e.g. salmon), pulses (beans and lentils), ground nuts or nut butters. These foods are a good source of iron. ■ Starchy foods: Bread, rice, cereals, potatoes and pasta. Include some low and higher fibre options (e.g. white and wholegrain breads), but avoid very high fibre products (e.g. bran). ■ Dairy foods: Full fat dairy foods such as unsweetened yoghurt and lower salt cheeses like cottage cheese. Full fat cow's milk can be used in meals i.e. cereal, but should not be given as a drink until 1 year. 	<ul style="list-style-type: none"> ■ Introduce lumpier foods and a variety of textures and flavours ■ Chopped family foods including small sandwiches with finely sliced or soft fillings. ■ Offer fruit or milk based puddings after a main meal e.g. fruit crumble, yoghurt with stewed fruit and rice pudding. Use fruit to sweeten puddings. Dried fruit is high in sugar and should be limited to small amounts and not be given as a snack 	<ul style="list-style-type: none"> ■ From one year toddlers should have family meals of a similar texture to adults, and be encouraged to feed themselves with support. ■ Continue to offer a variety of foods from all four food groups and two healthy snacks.
Finger foods	<ul style="list-style-type: none"> ■ Soft cooked vegetables or ripe fruits. 	<ul style="list-style-type: none"> ■ As baby becomes more confident with self-feeding progress to slightly firmer finger foods, for example lightly steamed vegetables, hard-boiled egg, breadsticks, toast fingers, cooked pasta, cucumber sticks or cherry tomatoes (halved or quartered). 	
Quantity	<ul style="list-style-type: none"> ■ Start with 1-2 teaspoons once a day. Gradually increase quantity and progress to 2-3 meals a day as baby's appetite increases. All babies will move at different paces so it's important to be led by baby. Never force feed or coerce them to eat. 	<ul style="list-style-type: none"> ■ Continue to increase with baby's appetite to 3 meals per day and introduce 1-2 healthy snacks. 	<ul style="list-style-type: none"> ■ Aim for 5 small portions of fruit and vegetables a day i.e. a handful (toddlers) ■ Offer starchy foods with every meal and as part of a snack. ■ Include 2 servings of protein foods a day or 3 servings if a vegetarian ■ Include 1 serving of full fat dairy foods other than milk
Drinks	<ul style="list-style-type: none"> ■ Breast or formula milk as a main drink. Tap water can be offered with meals (no need to boil first) ■ Full fat cow's milk should not be given as a drink until 1 year. ■ Introduce an open top cup. ■ Avoid high sugar drinks such as fizzy, squash and juice drink, including fruit juice. ■ Avoid products that use artificial sweeteners or contain caffeine. 		<ul style="list-style-type: none"> ■ Introduce full fat cow's milk (around 350ml per day). There is no need for infant formula, follow on or toddler milks. ■ Milk and water are the only drinks recommended for toddlers. If giving juice, limit to no more than 1 glass of well diluted juice a day and only with meals. ■ Discourage use of feeding bottle after 1 year old.
Avoid	<ul style="list-style-type: none"> ■ Honey (risk of infant botulism) and foods high in sugar. ■ Whole grapes, cherry tomatoes, melon balls, nuts or popcorn, as these are a choking risk. ■ Adding salt to baby's food. ■ Processed foods high in salt, fat and sugar such as crisps, biscuits, cakes, processed meat and fish products, ready meals and takeaways. ■ Bran containing foods aren't recommended for children under 5. 		