



Baby's First Foods

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1 Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

► Feeding baby:9-11 months:◀

From 9–11 months old, your baby can take half a cup of food three to four times a day, plus a healthy snack. Now you can start to chop up soft food into small pieces instead of mashing it.

Your baby may even start to eat food herself with her fingers. Continue to breastfeed whenever your baby is hungry. Foods need to be rich in energy and nutrients. In addition to grains and potatoes, be sure your baby has vegetables and fruits, legumes and seeds, a little energy-rich oil or fat, and especially animal foods every day.

Point: If your baby refuses a new food or spits it out, don't force it. Try again a few days later. You can also try mixing it with another food that your baby likes, or squeezing a little breastmilk on top.

► Food Safety ◀

Food safety concerns for infants and toddlers include food allergies, choking and risks for foodborne illness. Keep the following safety tips in mind:

- Introducing one new food at a time, every several days, allows time to monitor for allergic reactions.
- Don't feed your baby solid foods from a bottle. It can be a choking hazard.
- Do supervise your child while eating. Infants should be able to sit upright and face forward when you first introduce solid foods.
- Don't feed directly from the jar of food but instead spoon some food into a separate dish first.



► Not recommended for those under 4 years of age due to the risk of choking:

- Nuts and seeds
- Large chunks of meat, poultry and cheese
- Hard, raw fruits or vegetables such as apples, celery and carrots
- Whole grapes and cherry tomatoes, unless cut into quarters
- Hot dogs, unless cut into strips
- Sticky foods, such as peanut butter, which can get stuck in the back of the mouth – peanut butter is okay if spread thinly on bread



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► Breastfeeding ◀

Breastfeeding has been shown to improve infant, child and maternal health outcomes and help control healthcare costs, but how long should breastfeeding last and when should parents introduce solid foods?

Multiple health-focused organizations, including the Academy of Nutrition and Dietetics and the World Health Organization, recommend exclusive breastfeeding, meaning the infant receives only breast milk, during the first six months of life for optimal nutrition and health benefits.

► How do you know your baby is ready for solids?

- Baby is still hungry after breastfeeding or formula feed.

- Baby must be able to sit stable with or without support.
- The baby's head and neck are stable.
- Shows interest in food when others are eating.



Her first foods need to be soft so they're very easy to swallow, such as porridge or well mashed fruits and vegetables. To make porridge more nutritious, cook it until it's thick enough not to run off the spoon.

► Feeding baby: 6-8 months ◀

From 6–8 months old, feed your baby half a cup of soft food two to three times a day. Your baby can eat anything except honey, which she shouldn't eat until she is a year old. You can start to add a healthy snack, like mashed fruit, between meals. As your baby gets increasing amounts of solid foods, she should continue to get the same amount of breastmilk.

► What foods should I introduce to my child first?

When your baby is 6 months old, she is just learning to chew.

