

AGE	CAN HAVE	CAN'T HAVE	Approx quantities**
4 to 6 months *	<ul style="list-style-type: none"> • Baby Rice • Basic fruit and veg purees (excl those listed opposite) • Lentils 	<ul style="list-style-type: none"> • Gluten (wheat, rye and barley based foods eg bread, flour, pasta and oats) • Nuts and sesame seeds • Soya • Eggs • Honey • Fish and Shellfish • Cows, goats and sheep milk • Kiwi fruit • Citrus fruits • Strawberries and raspberries • Cheese • Meat and chicken • Salt 	<p>Approx 2 teaspoons per meal – start with one meal a day increasing to 3 slowly over time</p> <p>800-1000ml Breast or Formula milk</p>
6 to 7 months	<p>As above plus:</p> <ul style="list-style-type: none"> • All fruits and veg • Oats and other gluten foods (not too much fibre) • Chicken • Fish • Cheese 	<ul style="list-style-type: none"> • Shellfish • Eggs • Nuts and sesame seeds • Honey • Cows, goats and sheep milk • Shark, swordfish or marlin (due to high mercury levels) • Mould ripened soft cheeses • Salt 	<p>Approx 4 to 6 teaspoons per meal</p> <p>500-600 ml Breast or formula milk</p>
7 to 9 months	<p>As above plus:</p> <ul style="list-style-type: none"> • Hard boiled egg yolk (avoid the whites for another month) • Soya • Red meat • Fish • Nut butters (unless history of nut allergy) and sesame products • Cows milk for cooking 	<ul style="list-style-type: none"> • Shellfish • Honey • Goats and sheep milk • Shark, swordfish or marlin (due to high mercury levels) • Mould ripened soft cheeses • Salt • Whole nuts 	<p>Approx 8 – 12 teaspoons per meal</p> <p>500-600 ml Breast or formula milk</p>
9 to 12 months	<p>As above plus:</p> <ul style="list-style-type: none"> • Whole eggs 	<ul style="list-style-type: none"> • As above 	<p>12 teaspoons plus per meal plus snacks (mid morning and mid afternoon)</p> <p>500 ml breast or formula milk</p>
12 months plus	<p>All of above plus</p> <ul style="list-style-type: none"> • Honey • Cows milk to drink 	<ul style="list-style-type: none"> • Whole nuts (choking hazard) 	<p>Approx 250g per meal plus 2 x healthy snack times</p>

	<ul style="list-style-type: none">• Goats and sheep milk• Limited shellfish, shark, swordfish and marlin• Limited mould ripened cheese• Limited salt		300-400 ml milk (full fat cows milk)
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* It is advised that you wait until your child is six months old before you introduce solids. You need to assess carefully whether your child genuinely needs solids earlier than 6 months. If you're unsure, speak to your health visitor.

** This is strictly a guide – let your baby's appetite determine how much you feed him at each meal.

Note: babies can digest yellow/orange vegetables more easily than green vegetables initially.

Note: while cow's milk is suitable for cooking, it shouldn't replace breast or formula milk as a drink until your child is 12 months old as it lacks the iron required.