Baby's First Foods

- **Start offering solid foods** when your baby is around 6 months old, when they can sit upright & pick up pieces of food.

- **Continue to breastfeed** (if not, use 1st stage formula). This is still the most important source of nutrition until your baby is a year old. Your baby will cut down when they're ready.

- **Share healthy, unprocessed family meals** with your baby (no salt or sugar when cooking).

- **Offer different tastes & textures**. Include meat, eggs, vegetables, fruit & starchy foods.

- **Don't expect your baby to eat very much**. Babies have small tummies.

- **Avoid processed foods**, including fast food, ready meals, sweeteners, salt or sugar.

- **Offer water to drink** until your baby is over a year old. Continue breastfeeding for as long as you wish.

For help and advice contact the Baby Feeding team 07961 609 626 or speak to your Health Visitor.