

Feed time

'A healthy love of good food is one of the most important things you can teach your baby. Healthy food choices now are the basis for good health throughout life. Now is a great time to encourage the whole family to eat well for life.'

Heather Ferguson
Heinz Corporate Dietitian

How do I know when my baby is ready?

- Your baby can hold their head up and has good head and neck control
- Baby watches you eat and reaches for food
- Baby leans forward and opens mouth when food approaches
- Milk feeds alone are no longer satisfying

What to choose...

- Iron enriched cereal is the ideal first food, as it is the least allergenic and ensures baby gets the iron needed for healthy growth and development
- Soft Vegetables: Avocado, Sweet Potato, Pumpkin
- Soft Fruits: Stewed Apple or Pears, Banana, Mango
- Introduce meats after vegetable and fruit



Top tips for Feeding your Baby

- Your baby must learn to eat – it's a new and enjoyable skill!
- Introduce one new food at a time and offer it for 3-5 days before introducing another new food. If there is any risk of sensitivity, then it is easier to know which food may have caused it.
- It is important that baby experiences a variety of flavours, to increase acceptance of new foods later on.
- A food may need to be offered 8-10 different times before baby will accept it.
- Your baby will guide you as to how much food he needs. If baby is not hungry, don't force them to eat, but try again later.
- Gradually introduce soft lumps to encourage chewing, as chewing is important for muscle development and speech.

