



Solid foods should add to, not replace, breast milk or commercial iron-fortified infant formula, which are nutritionally superior for young babies. Let your baby's appetite guide how much food to give.

Age	Foods	Comments
<b>Birth</b>	Breast milk only or iron-fortified formula if breastfeeding is not possible	Amount varies depending on age and baby's appetite.
<b>6 - 8 Eight Months</b>  Continue with breastfeeding or formula.  Feed solid foods two to three times per day.	<b>Infant cereal</b>  Introduce one type of grain at a time. Start with rice; then try barley or oatmeal; then corn, millet or sorghum porridge, wheat and mixed grain infant cereal.	<b>Infant cereal</b>  Start with 1 teaspoon (5 ml). Increase amount according to your baby's appetite. Try one new cereal at a time. Wait 3 to 4 days before you try another kind of cereal.
	<b>Meat and Alternatives</b>  Pureed or ground up meat, fish, poultry, meat alternatives (peas, lentils) and egg yolks.	<b>Meat and Alternatives</b>  Start with 1 teaspoon (5 ml). Increase amount according to your baby's appetite. Try one new meat or alternative at a time.  Wait 3 to 4 days before you try another kind of meat or alternative.
	<b>Vegetables and Fruit</b>  Grated or mashed vegetables and fruit.	<b>Vegetables and Fruit</b>  Start with 1 teaspoon (5 ml). Increase amount according to your baby's appetite. Try one new vegetable or fruit at a time.  Wait 2 days before you try another vegetable or fruit. (You can mix a starchy vegetable eg potato with non starchy ones like courgette etc)