

# guide to introducing solids to your little one

by Leanne Cooper, Organic Bubs Nutritionist

Nutrient-dense  
superfoods are  
highlighted & should  
be offered regularly  
to boost your child's  
health & well-being.



age	suitable organic foods	frequency	milk feeds
First Tastes (around 6 months)	Offer 1-5 teaspoons of a new food every 3 days or so depending on your baby. Add breast milk or formula to thin to a smooth paste. Iron enriched rice cereal, <b>avocado</b> , <b>kumara/sweet potato</b> , <b>zucchini</b> & <b>carrot</b> .	Once a day. Dinner is a good meal to start with.	4-5+ milk feeds per day (offer before solids). Offer water with the introduction of solids as their kidneys need extra fluid.
6 months	Try combining any of the following fruit & vegetables steamed & blended to a silky smooth puree. <b>Pumpkin</b> , <b>corn</b> , <b>broccoli</b> , <b>peas</b> , <b>taro/yam</b> , <b>cauliflower</b> , turnip/swede, choko, potato. <b>Apple</b> , <b>banana</b> , <b>blueberries</b> , <b>mango</b> , <b>plum</b> , <b>apricot</b> , <b>fig</b> , <b>nectarine</b> , <b>pomegranate</b> , pear. Gluten-free super grains, e.g <b>quinoa</b> , <b>millet</b> & <b>chia</b> (actually a tiny super seed that becomes gelatinous when soaked). Homemade rusks baked from a gluten-free loaf.	Twice a day. Increase quantity depending on your baby.	3-5+ milk feeds per day. Bub still relies primarily on breastmilk or formula. Offer water in a sipper cup regularly throughout the day.
7 months	Continue to increase variety of fruit & vegetable blends. Can begin to mash foods with a fork. <b>Parsnip</b> , <b>beetroot</b> , <b>beans</b> , <b>squash</b> . <b>Berries (inc. goji)</b> , <b>guava</b> , papaya, peach, prunes, sultanas, melon, kiwi, star fruit, custard apple. Baby yoghurts or plain natural acidophilus organic yoghurts which are often more nutritious & have less sugar/additives. <b>Brown rice</b> thoroughly cooked till soft (avoid GM rice).	Working up to 3 meals a day.	3-5 milk feeds per day. Try switching to feeding cups over bottles with teats.
8 months	Vegetarian proteins such as <b>tofu</b> & <b>lentils</b> . Mild cheddar cheese (is low in lactose). Cooked white meat such as fine pieces of boneless fish flakes, skinless ground chicken or turkey. Can add a teaspoon of <b>linseed</b> or <b>sunflower meal</b> (crushed to a powder) to mashed foods for protein & essential fats.	3 meals a day.	3-4 milk feeds per day. Baby should now be drinking water in greater amounts.
9 months	Start to offer finger foods & chunkier food. All fruits & vegetables (can now slice thinly or grate). Other gluten free grains such as <b>amaranth</b> , <b>buckwheat</b> , corn maize, tapioca. Try buckwheat or rice noodles before pasta. Other types of cheese, e.g. cottage. Red meat, e.g. lamb mince.	3 solid meals per day plus 1-2 small snacks between meals.	3 milk feeds per day. Can now offer solids before milk.
10 months	Cereals (try <b>oats</b> & <b>barley</b> ), semolina, tapioca, pasta, noodles, whole meal bread. Scrambled egg yolk. Well-cooked finely chopped or minced red meats. Small amounts of cow/goat/oat milk served with food.	Superfruits make a great snack or dessert.	3 milk feeds per day.
11-12 months	Other cooked <b>legumes</b> , e.g. chickpeas, kidney/butter/soy beans. Whole cooked egg (organic free range). Pasteurised organic whole milk or milk alternatives from 12 months.	Meals similar to the family.	Can begin to reduce milk feeds.

The above chart is only a guide. Some foods are introduced at different times in some families.

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