



Starting Solids

with Anna Ritten from

Nourish Little Lives



NOURISH
Little Lives

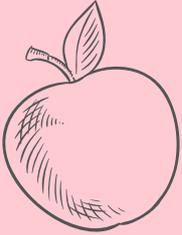
Starting Solids

6-7 months

1 x solid meal per day (include iron foods) after a milk feed (breast feeds come first) Typical volume of solids is 2 TBSP (can vary day to day)

5-6 milk feeds per 24 hours (still milk feed on demand)

Start with smooth purees, BLW or mix of both

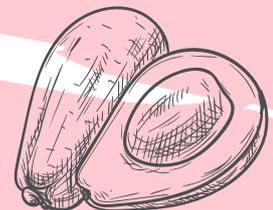


7-8/9 months

1-2 solid meals per day (include iron foods) after milk feeds (breastfeeds come first) Typical volume of solids 2 TBSP - ½ cup

4-5 milk feeds per 24 hours (still milk feed on demand)

Progress to soft lumps or continue BLW

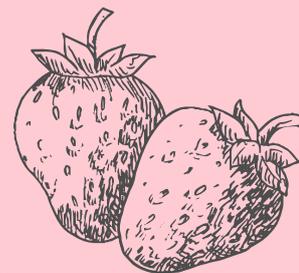


8/9- 12 months

3 solid meals per day (include iron foods) still after milk feeds or maybe before* Typical volume 1 cup (will vary day to day and meal to meal)

3-4 milk feeds over 24 hours (still milk feed on demand)

Everyone is at finger food + larger lumps (eg Risotto), minced textures (bolognaise)



Variety is Key

Variety is key to a successful weaning journey.

You can ensure you are exposing your baby to variety by using fresh/home made fruits, vegetables, meals

You can use herbs and spices (avoid adding salt, soy sauce, salted stocks to food)

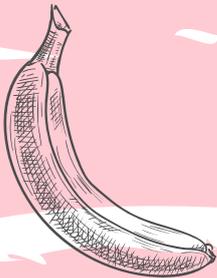
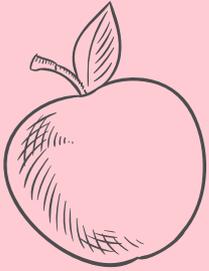
Avoid using prepacked baby food (save it for emergency) they all look the same, taste the same, smell the same, are usually overtly sweet (so wont expose to bitter and sour flavours) and they are the same every time.

Expose to family meals as early as possible

Starting Solids

Introducing Allergens

- Only introduce one common allergy causing food at a time (in an age appropriate form), so that if there is a reaction the food can be easily identified.
- If your baby has an allergic reaction, stop giving that food and seek medical advice.
- Unless your baby has an allergic reaction to the food, continue to give the food to your baby regularly (twice weekly), as part of a varied diet. Trying a food and then not giving it regularly may result in a food allergy developing.
- Allergens should also be introduced to babies who have eczema another food allergy, or a family member with food allergy, even though they may have a higher chance of developing food allergy (talk to your health professional or dietitian for an individualised plan).
- Do not rub food allergens onto a babies skin



Signs and Symptoms of Allergy

Rapid onset allergic reactions usually occur within 15 minutes and sometimes up to two hours (IGE mediated allergies)

Mild to moderate symptoms of food allergy include:

- Swelling of the face, lips and/or eyes. ▪ Hives or welts on the skin.
 - Abdominal pain and/or vomiting.
- Signs of a severe allergic reaction (anaphylaxis) to foods (call an ambulance):
- Difficult/noisy breathing.
 - Swelling of the tongue.
 - Swelling/tightness in the throat.
 - Difficulty talking and/or hoarse voice. ▪ Wheeze or persistent cough.
 - Persistent dizziness and/or collapse.
 - Pale and floppy (in young children).

