

INTRODUCING SOLID FOODS



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Six months is the recommended age to start introducing solid foods to your baby. It's an important stage in your baby's life when they start to learn about new foods and get used to new tastes and textures.

We've put together this guide to give you some meal ideas to try as well as a handy chart to keep track of your progress and what your baby enjoys.



We've also provided some suggested recipes for the whole family to try!

HELP AND ADVICE & RECIPES

For more help and advice, we run regular group sessions across Runcorn and Widnes. Call us on 0300 029 0029 for more details.

These meal ideas are great for baby and the rest of the family.

- Fish pie – try it with mackerel, salmon, sardines, white fish, haddock, or cod
- Spaghetti Bolognese – cut the spaghetti up so it's easier for your baby to eat
- Stir fry with noodles, lots of fresh veggies, (leave out the soy sauce)
- Shepherd's pie
- Jacket potatoes with filling (e.g. tuna, baked beans, cheese) – no salt
- Mild curry
- Stews & thick soups (no stock)
- Roast dinner (minus the gravy)
- Lasagne
- Chilli – go easy on the spices!

CONTACTS FOR MORE INFORMATION

Halton Health Improvement Team:

Telephone:

0300 029 0029

Website:

www.haltonhealthimprovement.co.uk

Email:

hit@halton.gov.uk

Call us for details of our group sessions.

You can also speak to your Health Visitor for help and advice. See your Red Book for contact details.

The foods in this booklet are suitable for babies from 6 months

FIRST FOODS

First Foods	Tried it ✓	Did baby like this? 😊 or 😞
Parsnip		
Potato		
Sweet potato		
Carrot		
Banana		
Avocado		
Peach		
Melon		
Baby rice mixed with your baby's usual milk		
Pears		
Butternut squash		
Broccoli		
Cauliflower		

Keep trying foods even if baby doesn't like it at first

SOME THINGS TO THINK ABOUT:

Sliced, tinned peaches in juice make great finger foods

Offer chunky lightly boiled or steamed veg as finger foods

Portion sizes

Don't forget to brush baby's teeth

Offer baby the use of a spoon

Choose milk or water instead of sugary drinks

Baked sweet potato

Try using a cup for water

Vary the textures of food

Try steaming veggies to retain more vitamins and texture



NEXT FOODS

First Foods	Tried it ✓	Did baby like this? 😊 or 😞
Soft cooked meat such as chicken, mashed fish (check very carefully for any bones)		
Pasta		
Noodles		
Toast		
Pieces of chapati		
Lentils		
Rice		
Mashed hard boiled eggs		
Full fat dairy products such as yoghurt, cheese, fromage frais or custard (choose products with no added sugar or less sugar).		
Cow's milk (full fat) can be used in cooking or mixed with food from 6 months.		
Porridge and weetabix		

Keep trying foods even if baby doesn't like it at first

SOME THINGS TO THINK ABOUT:

Normal porridge can be used after 6 months

Freeze family foods as an alternative to jars

Tins and frozen foods especially in water or natural juices

Avoid gravy or salt or stock cubes in baby's food

Try smooth peanut butter on toast if no history of allergies

Use the liquid from your steamer as an alternative to gravy

Introduce a free flowing cup to baby as soon as they can hold one

Keep sugary foods and drinks to a minimum



RECIPES

Creamy lentil and vegetable curry

(makes 8 portions of curry)

- 1 teaspoon vegetable oil
- 1 small onion, peeled and finely chopped
- 1 small carrot, scrubbed, grated or finely chopped
- 1 courgette, scrubbed, grated or finely chopped
- 100g (8 dessertspoons) split red lentils (dried not soaked)
- 1/2 teaspoon mild curry powder (not paste)
- 200ml water
- 1 small carton full-fat natural yogurt

Method:

1. Heat oil and gently soften onion for five minutes.
2. Stir in carrot, lentils and curry powder.
3. Add water, stir and bring to boil. Cover with a pan lid, reduce heat and simmer for 15–20 minutes. Stir regularly (as this may stick to the pan easily) and add a little more water if necessary. The mixture should be quite thick but not dry.
4. When the lentils are soft, remove from heat and stir in natural yogurt.
5. Mash as required and serve with boiled white rice.

Variation: A small chicken breast with the skin removed and finely diced may be added to the oil at the beginning along with the onion. You could use tinned lentils (not in salted water) and add other vegetables such as aubergine, cauliflower and sweet potato.



Salmon and potato pie

(makes 3 portions)

- 100g skinless, boneless salmon fillet
- 2 medium potatoes, peeled and diced
- 6 dessertspoons full-fat milk

Method:

1. Place salmon in a pan and cover with milk. Poach by gently simmering until the fish flakes easily with a fork.
2. Remove the salmon but reserve the milk to add to the potatoes later.
3. Cook potatoes in a pan of boiling water for 10 minutes or until soft.
4. Drain and mash with the milk from the salmon.
5. Add a little more milk if necessary to adjust consistency.
6. Flake fish and add to potato – or serve separately.

You could also add 2 dessert spoons of peas or sweetcorn (frozen or tinned)



Stewed apple with apricots (makes 2–3 portions)

- 1 eating apple, peeled and finely chopped
- 5 canned apricots (natural juice, not syrup) chopped into pieces
- 2 tablespoons water

Method:

1. Place apple and apricots in a saucepan with the water and gently simmer until the fruit is tender. Add a little more water if necessary during cooking to prevent drying out.
2. Mash well to required consistency.

You can use this as a filling for a crumble as baby gets more used to foods, a quick and easy topping is:

- 50g plain white flour rubbed together with 25g butter/ margarine (no salt)
- Then stir in 25g porridge oats and ½ teaspoon cinnamon or nutmeg.

Use this to top the stewed apple and place in an ovenproof dish in the oven (180°C) for approximately 15 minutes.

This would increase the portion amounts.
Serve with full fat Greek yoghurt.



Simple tomato and vegetable sauce (makes 8 portions of sauce)

Make this simple sauce to accompany pasta.

- 1 dessertspoon vegetable oil
- 1 small onion, peeled and finely chopped
- 1/2 a red pepper, washed, deseeded and finely chopped
- 1/2 a courgette, washed and finely chopped
- 400 g can chopped tomatoes in juice

Method:

1. Heat oil and gently soften onion for 5 minutes on low heat, stirring continually.
2. Add pepper and courgette and cook on a low heat for a further 5 minutes. Keep stirring.
3. Add tomatoes, cover and cook for 15 minutes or until vegetables are soft, stirring occasionally.

Serve with 15–20 g small pasta shapes and 1 tablespoon grated full-fat cheddar cheese

Variation: Add 200 g (8 oz) minced beef when you are softening the onion and follow the rest of the recipe to make a Bolognese sauce. This will increase the number of portions the recipe makes.



Introducing Solid Foods - Free Advice

6 months is the recommended age to start introducing solid foods to your baby, and our Infant Feeding Team want to support you with this.

Before you start introducing first tastes to your baby, we would like to invite you to come to a free, one off session for advice and tips on how and when to get started.

The session includes:

- **Getting started and foods to try**
- **Foods for all the family**
- **Foods to avoid**
- **Opportunities to ask questions**
- **And more...**

Please book your place

You are welcome to bring your baby and partner or a friend / family member to support you. Just let us know when you book if you're bringing someone with you.

**Call 0300 029 0029
to book or for more information.**