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Your Baby's First Foods – From 4 months

From 4 months, babies can begin to show signs they are ready for solid foods [1].

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Your Baby's First Foods – From 4 months

From 4 months, babies can begin to show signs they are ready for solid foods ^[1].

Thursday, December 31st, 2015

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First Foods - when your baby shows signs they are ready for solids.

Consistency: Warm puree

Amount: 1–2 teaspoons working up to about 1/4 cup

Breast feeds: About 5 per day

Timing: After breastfeeds

Frequency: Starting once a day when baby is happy and settled.

Types of food: Iron-enriched infant cereals, pureed meat, fish and poultry. Fruits, vegetables and dairy can then also be introduced. Other than introducing iron-enriched foods first, the order in which you introduce solids, and the time frame between offering new foods doesn't really matter.

Alternate between the five food groups and ensure you're offering foods with high nutrient density.

Note – *Always seek individualised advice when you have a family history of allergy, intolerance, coeliac disease or your baby is suspected to have feeding delays (such as tongue tie or physical or mental disabilities).*

Read More on [Introducing solids](#) [7], [baby-led weaning](#) [8] and [recipes ideas](#) [9].

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Source URL: <https://www.nestlemumandme.com.au/first-foods-4-months>

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