

Guide to Baby Feeding



*Breast milk is the perfect food for baby.
Breast milk or infant formula is all that baby needs for around the first 6 months.*

stage one first foods

Around 6 months
(not before
4 months)

Baby holds head up. Shows signs of chewing movements.

Fluids

Breast milk or infant formula is still the most important food. Offer milk BEFORE solids.

Foods

- Cooked: apple, pear, peach (no skins), uncooked: mashed banana
- Avocado, cooked: kumara, potato, pumpkin, carrot, kamokamo, marrow
- Baby rice cereals
- Cooked pureed meat, pork, chicken and fish
- Cooked pureed legumes and lentils
- Cooked rice
- Wattie's blue jars, cans and cereal

Texture

Fine smooth, runny or pureed foods.



Tips

Try a new food every 2-4 days. It can take up to 10 tastes before baby may like a new food. Try again in a few days.

stage two

Around 7 months onwards

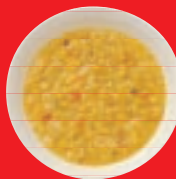
Baby can sit. Starting to bite, may have teeth.

Breast milk or infant formula is still the most important food. Offer milk BEFORE solids.

Add to first foods:

- Melon, plum
- Cooked: broccoli, puha, parsnips, cauliflower
- Cooked egg
- Tofu, tempeh
- Cooked pasta and noodles
- Cheese, yoghurt, cottage cheese, custard
- Baby ground cereals, crackers, bread (white or wholemeal)
- Wattie's red jars, can and cereal

Thick purees, small soft lumps or mash.



Tips

Try mixed ingredient foods with a range of tastes. Progress towards 3 meals a day.

stage three

Around 8 months onwards

Good chewing and biting. Baby is interested in many foods and textures.

Milk feeds are still important but offer AFTER solids. Baby should have breast milk or about 600mL formula a day.

Add to first and stage two foods:

- Kiwifruit, orange, pineapple, berry fruit
- Tomatoes, creamed corn, cooked: silverbeet, spinach
- Breakfast cereals (e.g. Baby muesli, porridge)
- Kai moana (seafood)
- Peanut butter (smooth)
- Wattie's green jars and cereal

Minced, chopped, grated and small finger food.



Tips

Try using a cup for fluids. If extra fluids are needed offer water.

stage four

12 months onwards

Toddler stage. Baby is ready for most family meals.

Breast milk or formula may be continued. Cows' milk may be introduced as a main drink, or try toddler milk.

Add to the above foods:

- Honey
- Wattie's 'Little Kids' canned meals
- By now your baby should be joining in family meals and eating a wide variety of foods.

Varied and challenging.



Tips

Offer milk or water between meals.

Ready Reference

Use this A-Z reference to help decide if your baby may be ready to start a new food.

	stage
• Apple, Apricot	1
• Avocado	1
• Banana	1
• Beans - green	2
• Berries	3
• Bread	2
• Breakfast cereals	3
• Broccoli	2
• Cabbage	3
• Carrot	1
• Cassava	1
• Cauliflower	2
• Cheese	2
• Chicken	1
• Corn, creamed	3
• Courgettes	1
• Cottage cheese	2
• Crackers	2
• Egg	2
• Fish	1
• Honey	4
• Kamokamo	1
• Kiwifruit	3
• Kumara	1
• Lentils	1
• Marrow	1
• Meat purees	1
• Melon	2
• Milk - cows' (as a drink)	4
• Nashi pears	1
• Nectarine	1
• Oranges	3
• Parsnips	2
• Pasta	2
• Peaches	1
• Peanut Butter	3
• Pears	1
• Peas	3
• Pineapple	3
• Plums	2
• Porridge	3
• Potato	1
• Puha	2
• Pumpkin	1
• Rusks	2
• Silverbeet, Spinach	3
• Taro	1
• Tempeh	2
• Toast Fingers	2
• Tofu	2
• Tomatoes	3
• Yams	1
• Yoghurt	2
• = cooked	

The ages of introduction are a guideline only. Introduce babies to new foods one at a time to allow for the detection of a reaction to an individual food. At first, only add a new food every 2-4 days. If baby develops symptoms of an allergy, see doctor for advice.





Guide to Baby Feeding

Getting Started On Solids

Every baby is different and some will reach this stage sooner than others. Some signs your baby may be ready for food (around 6 months):

- seems hungry after a breast or formula feed
- can hold their head up well
- is interested in watching you eat (e.g. reaching out, opening their mouth when you are eating and putting hands and toys in mouth)
- baby's mouth opens easily when spoon touches lip or food approaches and tongue does not protrude

Choose a time when both of you are relaxed.

NOT READY

Tongue protrudes so baby can't take food from spoon.

This is called 'extrusion reflex' and disappears sometime after 4 months.



READY

Mouth opening as spoon approaches. Mouth closes as food stays in mouth and is moved to the back of the throat for swallowing.



Very First Solids – What To Offer

Babies tend to have a preference for sweet foods. Fruits and vegetables that are naturally sweet are good first foods. Sugar need not be added to foods. Baby rice, prepared with breast milk or infant formula, is a familiar flavour and is also readily accepted. Make a very smooth and runny mixture using the milk. Use a small teaspoon and offer a very small amount – only half to one teaspoon. Offer new foods one at a time, every 2-4 days. Begin with one very small meal a day (more like a taste really) and gradually increase the quantity and frequency of solid feeds. Let your baby's appetite guide you.

Wattie's Baby Foods

- Are specially prepared for babies to offer a variety in taste and texture – both of which are important for your baby's development.
- Recipes are approved by Plunket and Wattie's independent Infant Nutrition Advisory Group (INAG).
- Contain no preservatives, artificial flavours or colours or added salt.
- Are prepared using methods that allow for some foods to be introduced earlier than when they are prepared at home (eg. cooked or heat-treated dairy products).
- Are colour-coded to make selection easier:
 - Blue, Stage 1 (around 6 months)
 - Red, Stage 2 (around 7 months onwards)
 - Green, Stage 3 (around 8 months onwards)

Preparation and Storage

- Using a clean spoon, place the portion you need in a feeding dish, store remainder in a clean covered jar or dish in the refrigerator for up to 48 hours, or freeze.
- To warm, heat over hot water.
- If you use a microwave, stir the food well and leave to stand before feeding, as microwaves can produce hot spots which could burn your baby's mouth.
- After feeding, discard any leftovers in the feeding dish. Do not store for later use as saliva from the spoon may spoil the food.

Babies and Toddlers Need Plenty To Drink

- Breast milk is best for babies. If you don't breast feed, choose an appropriate infant formula.
- Breast fed babies usually don't need extra water.
- Babies using an infant formula may need extra water especially in hot temperatures, or if baby is feverish, vomiting or has diarrhoea.
- Fruit juice, cordials and fizzy drinks contain high amounts of sugar that can damage babies teeth and are best avoided.
- Never leave your baby to suck on a bottle for a long time as the natural sugars in milk can cause tooth decay.
- Coffee, tea and alcohol are not suitable for babies.
- Boil and cool water for babies under three months of age. Tank and bore water may need to be boiled for babies beyond three months of age – check with your local Health Protection Officer.
- Your baby should not be drinking cows' milk as a main drink until after 12 months of age. Small amounts of cows' milk can be given to baby from 7 months onwards as part of solid food.
- If you stop breast feeding before 12 months, introduce an appropriate infant formula.