



First Foods

A guide to the introduction of solids and infant nutrition

What and When...

It is often challenging and confusing for parents to know where to start when it comes to introducing their infant to solid foods. To provide your baby with the nutrients needed from foods of the right texture, start solids by around 6 months of age, but not before 4 months.

This is the time when your baby's nutritional needs are at their highest. Start with foods that contain iron such as iron-enriched infant cereals, pureed meat, eggs, fish or tofu and then add vegetables, fruits and dairy foods such as full-fat yoghurt.





Infants & Allergies

Current evidence suggests that major food allergens should be introduced to a child's diet before they turn one. These foods include cooked egg, soy, dairy, wheat, fish, and peanut butter. Studies show that this may reduce the chance of a baby developing a food allergy¹.

Eggs are a good source of protein, provide iron and essential fatty acids, making them a nutritious food to include in the diets of infants.

When introducing a food for the first time, give a small amount and watch for any possible reaction - such as rash, mouth swelling, changes to breathing. Australian infant feeding guidelines state that once you have introduced the food, continue to give these foods regularly (twice a week) as part of a balanced diet to maintain tolerance².

Choline & Infant Nutrition

Choline is an essential nutrient that has been found to promote health throughout a person's entire life cycle and is particularly important for cognitive development and brain function in babies and infants^{3,4}.

Foods such as meat, fish, milk, and green vegetables contain varying amounts of choline and eggs are by far the most choline-rich food source regularly consumed in Australia⁵.



REFERENCES:

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