

Weaning

The progression from
Breast /Formula
to full mixed diet



Recommended Starting Time:

The recommendations for the age of weaning are the same for both breast fed and formula fed infants (FSAI 2012). Weaning should begin close to 6 months (26 weeks) of age.

It is really important that solid food is not given to babies before they are 17 weeks of age

Signs which indicate baby is ready to commence weaning

- Baby is eager to participate
- Baby lost tongue thrust reflex
- Baby anxious to grab food from plate
- For finger foods baby can:
- Sit without support
- Has pincer grasp
- Can chew

Utensils required for food preparation

- Sterilizer
- Shallow baby spoons/bowls/beaker
- Single blade whisk/liquidizer/food processor

- Ice cube tray/ tupperware or similar small plastic containers suitable for freezing
*frozen food below 18 deg Celsius retain for 3 months

- Steamer/ Cooking pot

Also

- High Chair
- Kitchen Paper/Bibs

Stage 1 - 1st 2 weeks introduction

Suitable foods

Pureed ripe fruit- apple/pear uncooked ripe banana

Root veg- carrot/turnip/parsnip butternut squash

Baby rice

Well cooked meat/chicken/fish

Consistency- Pureed/soft lump free and thin

Number 1-2 meals **Amount** 1-6 teaspoons

Suitable Drinks

Breast milk/formula (600mls)

Cooled boiled water

**Note: introduce savoury before sweet.
Introduce 1 new food every 2-3 days

Stage 2 2 weeks on after starting solids

Suitable foods

Foods as in stage 1 +

Baby porridge/ ready brek

Potato

Stronger tasting veg / broccoli /
spinach/peas/courgettes/cauliflower

Fruits- peach/plum/kiwi/avocado

Consistency- Thicker puree/smooth

Number 2-3 meals **Amount** 5-10
teaspoons

Suitable Drinks

As in stage 1

Note babies who start at 6 months move
quickly through stages 1 and 2

Stage 3 - 6-9 months

Suitable foods - Foods as in stages 1 & 2

Well cooked eggs

Other breakfast cereals (note sugar content
on pack)

Bread/pasta

Stronger flavoured veg –
leek/onion//cabbage/peppers/mushrooms
/tomatoes

Citrus fruit- remove pith and seeds

Berries- put through sieve

Grapes- remove skin /seeds and cut into
small slivers

Stewed apricots

Pasteurized cheese

Ensure red meat in diet (good source of
iron)

Consistency- Minced/Mashed

Include finger foods

Number - 3 meals **Amount** 2-4
tablespoons

Suitable drinks as in stage 1 diluted pure
unsweetened

Fruit juice (1 in 10 only at mealtimes)

Stage 4 9-12 months

Suitable foods- Increase variety fruit/veg

Stronger flavoured fish (remove bones)

Consistency- Chunky/mashed

Bite size small pieces

Finger foods- broccoli/cauliflower

Number 2- 3 meals 1-2 snacks

Amount 4-6 tablespoons

Note Re: Gluten

Avoid both early = 4 months and late = 7
months introduce in small amounts while
infant is still being breastfed if possible

Note Re: Milk

May be mixed in foods after 6 months. Full
fat milk may be used as a drink after 12
months and should be used up to 2 years of
age. Semi skimmed milk may only be used
after 2 years and skimmed milk after 5 years
Goats/Sheep's milk should not be given
under 1 year of age.

Foods to be avoided before 12 months

Salt/gravies/packet sauces (high in salt)

Added sugar

Honey (small risk of botulism)

Soft unpasteurised cheese (brie and blue
cheese)

Cow's milk (as drink) may be mixed in with
food after 4 months

Hot spices/ nuts/whole chopped (under 5
yrs)

Undercooked eggs