



When weaning is under way

This chart is just an approximate guide. Babies' appetites vary from day to day. Never force-feed your baby.



NEW TEXTURES

- ♥ Introduce foods with more texture from around 7 months
- ♥ Learning to chew is an important skill. Many babies will have difficulties at first and may spit lumps out (and sometimes even cough up the lumps to re-chew them!)
- ♥ Never leave babies alone whilst they are eating as choking is always a risk

LEARNING TO FEED THEMSELVES

- ♥ Giving a spoon or a piece of food to hold encourages independence and helps develop good co-ordination
- ♥ Babies often like to put their hands in the food, it's a messy business
- ♥ From about 7 months, introduce suitable finger foods
- ♥ Offer foods with different shapes and colours for your baby to explore

IRON

- ♥ By 6 months, iron stores that your baby was born with start to run low, so include iron-containing foods in the diet
- ♥ Good sources of iron are red meat (beef, lamb, pork), poultry, fish, eggs, pulses (lentils, beans), green leafy vegetables and formula milks
- ♥ To improve iron absorption, give foods or drinks containing vitamin C, e.g. fruit or fruit juice, at the same mealtime

Up to 7 months

THREE MEALS A DAY PLUS USUAL MILK FEEDS

BREAKFAST - 10-15 teaspoons of solids plus milk feed

LUNCH - 10-15 teaspoons of solids plus milk feed

TEA - 10-15 teaspoons of solids plus milk feed

Babies over 6 months can have foods containing gluten, e.g. wheat and oat-based cereals, pasta. (Unless sensitive to gluten).

CONTINUE TO USE ALL THE FOODS SUGGESTED IN 'THE FIRST FOUR WEEKS OF WEANING', PLUS:

- ♥ **HiPP Organic Stage 1 Jars** - including those from 6 months which contain gluten (unless sensitive to gluten):
 - Penne with Tomato & Courgette
 - Spaghetti Bolognese
 - Apple & Banana Crumble

- ♥ **HiPP Organic Dried Breakfasts:**
 - Creamy Porridge



- ♥ **HiPP Organic Stage 1 Pouches (from 6 months+)** 100g e.g.
 - Fruity Porridge
 - Pear, Banana & Kiwi



Research shows that babies given plenty of variety early on are less likely to become fussy eaters when they are older.

From 7 months

THREE MEALS A DAY PLUS OTHER MILK FEEDS

BREAKFAST - 15-20 teaspoons of solids plus milk feed

LUNCH - 15-20 teaspoons of solids plus milk feed

TEA - 15-20 teaspoons of solids plus milk feed

Offer mashed and lumpier foods. Start introducing suitable first finger foods (see below).

CONTINUE TO OFFER NEW FOODS

- ♥ **HiPP Organic Stage 2** - recipes contain small, soft lumps to encourage chewing
- ♥ **Breakfasts - HiPP Organic Jars**
 - Breakfast Layer - Strawberry cereal topped with Yogurt
 - Creamy Porridge
- ♥ **Lunch & Tea - HiPP Organic Savoury Meals e.g.**
 - Lancashire Hotpot 190g Jar
 - Vegetable & Chicken Risotto with Peas 130g Pouch
 - Creamy Tomato & Leek Pasta 130g Pouch
- ♥ **Desserts - HiPP Organic Jars or Fruit Pots**
 - Fruit Layer - mango & banana topped with yogurt - jar
- ♥ **Suitable First Finger Foods** - pieces of ripe organic fruit and veg e.g. peeled pears, bananas, cooked carrot, peeled cucumber sticks.



If your baby is enjoying three meals a day, try dropping one milk feed and offer water or diluted juice instead.

By 9 months

THREE MEALS A DAY PLUS MILK FEEDS

BREAKFAST - small bowl of cereal. Piece of toast, plus milk feed

LUNCH - savoury meal, followed by fruit or dessert, plus drink

TEA - savoury meal or sandwich, yogurt dessert or fruit, plus milk feed

For quantities, be guided by your baby's appetite. Try a wider range of finger foods (see below).

CONTINUE TO OFFER NEW FOODS, COMBINATIONS OF FOODS AND NEW TEXTURES

- ♥ **HiPP Organic Stage 2 Jars & Pots:**
 - Lancashire Hotpot - Jar
 - Spaghetti Carbonara - Jar
 - Strawberry & Raspberry Yogurt - Jar
 - Fruit & pieces Apple & Strawberry - Pot
- ♥ **Other finger foods to try:**
 - Pieces of organic cooked meat, e.g. chicken, ham, hard-boiled egg; cubes of cheese; rice cakes, breadsticks; cooked pasta, dried fruits, e.g. apricots; slices of banana.



Joining in with family meal times is an important part of your baby's social development - and they'll often eat better too.

MILK

- ♥ Milk (breast milk or formula) continues to supply vital nutrition, so don't worry if your baby seems to eat very little to start with
- ♥ From 6 months, babies should be having about 500-600ml (1 pint) of their usual milk per day
- ♥ Follow-on milks are suitable for babies from 6 months
- ♥ Ordinary cows' milk (including whole milk) can be used when preparing foods, but should not be your baby's main milk drink until at least one year of age

VARIETY IS IMPORTANT

- ♥ Try not to just stick to foods you know your little one likes. Instead, keep offering a variety of foods. It's normal for your baby to be wary of new foods, so be ready to offer something new as many as ten times before they accept it. Persevering now will help them develop into more adventurous eaters as they get older.

INTRODUCING OTHER DRINKS AND USING A BEAKER

- ♥ Offer sips of water or diluted fruit juice from a beaker at one mealtime, usually from around 6 months
- ♥ As food quantities increase, give your baby water to satisfy thirst

Please introduce a beaker into your baby's feeding routine as soon as possible, and clean your baby's teeth regularly, especially after the last feed.

If you have any concerns about weaning, talk to your health visitor, visit the HiPP Organic website at www.hipp.co.uk or phone the HiPP careline on **0845 050 1351**

If you are making home prepared foods for your baby, use the best quality ingredients, preferably organic, and do not add any sugar or salt.

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