

Did you know a child might
need to try a new food up to 10
times before they will accept it?

You should avoid adding salt
to babies' food; babies get
all the salt they need from
a healthy, balanced diet.



Common allergens: wheat, gluten,
peanuts, dairy and fish. If you have
any concerns, consult your GP.

Milk (breast milk or formula) is
a key part of your baby's diet
throughout their first year. Whole
cows' milk can be drunk after
their first birthday.

