



WEANING CHEATSHEET

Your quick guide to introducing food to your baby

SIGNS OF READINESS

- 6 months (26 weeks) old
- Can sit up well
- Has good hand eye coordination
- Has no tongue thrust reflex

EQUIPMENT

- Highchair
- Free flowing cup
- Bowl / plate
- Suitable cutlery

PUREE OR BLW

Whatever works best for you!
 Many parents find BLW easier.
 Others prefer to offer purees.
 The most important thing is to avoid overfeeding.

GREAT FIRST FOODS

AVOCADO

OATS

PEAS

BROCCOLI

MANGO

BLUEBERRIES

COURGETTE

MEATS

TOFU

EGGS

ASPARAGUS

SWEET POTATO

FOODS THAT NEED CUTTING

- Grapes (in quarters lengthways)
- Apples (chunks)
- Nuts (crushed into powder)

FOODS TO AVOID

- Honey
- E102, E104, E110, E122, E211, or E219
- Low fat & low sugar options
- Very high fibre foods
- Known allergens
- Ultraprocessed foods

SALT & SUGAR GUIDELINES

Babies do not need salt or sugar added to their food. Less than 1g salt a day is recommended.

PORTION SIZES

The size of the palm of your child's hand is a good guide. Start small, increasing portion sizes with age.

A RHYME TO REMEMBER

LOUD AND RED

LET THEM GO AHEAD

QUIET AND BLUE

THEY NEED HELP FROM YOU

ALLERGIES

Common Allergens

COWS MILK

EGGS

NUTS

SOYA

CELERY

SHELLFISH

FISH

GLUTEN

LUPIN

MOLLUSCS

SESAME

SULPHITES

MUSTARD

PEANUTS

Treatment for minor allergic reactions

CALL 111
 ORAL ANTIHISTAMINES
 STOP GIVING THE FOOD
 SEE GP TO REFER TO DIETICIAN

Treatment for severe allergic reactions

SWELLING TO THE FACE, LIPS OR MOUTH
 ATTEND IMMEDIATELY AT A&E
 IF BABY HAS OTHER SWELLINGS OR RASHES THEY SHOULD ALSO SEEK MEDICAL ADVICE
 IF BABY STOPS BREATHING - CALL 999