

# Week-by-week guide to introducing solids

Guide supplied by Mandis & Rose Dietitians  
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## Week 1, Day 1-3:

Starting at lunchtime, chose a single orange vegetable which has been boiled, steamed or baked and served at a pureed, mashed, minced or ground semi-solid consistency This same vegetable will be given for 3 consecutive days (Day1,2 & 3). Offer 1-3tsp but never force or limit intake, let your baby guide you.

## Week 1, Day 4-7

Follow the same guidelines listed for day1-3, except your choice of food will be an Iron rich food. These include: iron-fortified cereal, green-leafy veg, or if your baby is 6months when starting solids a well-cooked protein (chicken, mince, fish, egg or legumes) can be the second food you introduce to your baby.

## Week 2, Day 8-10

Your baby is now ready for 2 meals a day (Breakfast & lunch time). Remember to keep one food constant that has already been introduced and tolerated, so avoiding introducing 2 new foods on one day. The third food introduced should be a starch (completing the 3 food groups in your baby's diet: Proteins, starch and Fruits & veg).

## Week 2, Day 11-14

You still give 2 meals a day, during these few days you can introduce a food at breakfast/lunch. Remember it is important to only introduce one high risk allergen at a time and continue with that same high risk allergens for the 3 consecutive days before introducing a new one.

## Week 3

Your baby is now ready for 3 meals a day (Breakfast, lunch and Supper time). By this stage your baby should include all 3 food groups (Proteins, starch and Fruits & veg) in a day. Once vegetables are well accepted fruit can be introduced into the diet. It is advised not to give fruit as the first food as its sweet taste could result in a taste preference to sweet foods and thus rejection of vegetables.

## Week 4

By this stage your baby should have introduced most allergens, if not; this is the time to do so, especially if your baby is nearing 7months of age. Foods that have been introduced and tolerated can now be mixed together in one meal time.

	On Waking	Breakfast	Snack	Lunch	Snack	Supper	Bedtime	Night feeds
Week 1, Day 1-3	**Milk	**Milk	**Milk	Butternut	**Milk	**Milk	**Milk	**Milk
Week 1, Day 4-7	**Milk	**Milk	**Milk	Chicken	**Milk	**Milk	**Milk	**Milk
Week 2, Day 8-10	**Milk	*Cereal	**Milk	Spinach	**Milk	**Milk	**Milk	**Milk
Week 2, Day 11-14	**Milk	*Cereal	**Milk	Egg	**Milk	**Milk	**Milk	**Milk
Week 3	**Milk	Fruit	**Milk	Mince	**Milk	Avo	**Milk	**Milk
Week 4	**Milk	*Cereal	**Milk	Chicken liver + rice	**Milk	Spinach +fish	**Milk	**Milk

After week 4, keep introducing new foods daily. By 9months your baby should be eating 3 balanced meals and 1-2 snacks daily. Yoghurt and fruit are seen as snacks and should not be added into each meal, but rather eaten **between** meals.

\*Cereals should be varied, always remember to include an iron-fortified cereal at least 3-4 times weekly.

\*\*Milk refers to breastmilk or follow on/stage 2 formula.