

		Breakfast	Mid-morning	Lunch
6 Months	Milk Cereal Other	Baby's usual milk Stage 1 single-ingredient cereal 1-2 tsp.	Baby's usual milk	Baby's usual milk Pureed veg 2 tbsp. (carrot, butternut, pumpkin, sweet potato)
7 Months	Milk Cereal Other	Baby's usual milk Stage 2 cereal with added flavours 4tbsp.	Baby's usual milk	Stage 2 cereal with added flavours 4tbsp. Mashed fruit 2-4 tsp.
9 Months	Milk Cereal Other	Baby's usual milk Stage 3 cereal with texture and complex flavors.	Half chopped apple/pear	2-3 tbsp Cooked starch 2-3 tbsp shredded/cubed cooked meat/chicken/ meat substitute/cooked egg 1/2 cup Cooked vegetables

		Afternoon	Dinner	Bedtime
6 Months	Milk Cereal Other	Baby's usual milk Pureed fruit 1-2 tsp. (banana, steamed apple/pear; paw-paw; peaches)	Baby's usual milk Stage 1 single-ingredient cereal 1-2 tsp.	Baby's usual milk
7 Months	Milk Cereal Other	Baby's usual milk 1-2 fingers of dry toast.	2-4 tsp minced meat/chicken/fish/cooked egg 1-2 tbsp Cooked starch (potato/ rice/ pap/ soft pasta) Mashed vegetables 90g (peas, green beans and spinach can be introduced)	Baby's usual milk

9 Months	Milk	Baby's usual milk		Baby's usual milk
	Cereal			Stage 3 cereal with texture and complex flavors.
	Other	1-2 fingers of dry toast.	100ml yoghurt	