

Appendix 2: Suitable weaning foods at home

Salt must not be added to weaning foods and additional sugars should be limited. Where there is a family history of atopy common food allergens should be delayed until after 6 months, e.g. cow's milk, egg, wheat. Peanuts and peanut products should not be given before 3 years of age where there is a parent or sibling who has atopic disease. Honey should not be given under 1 year of age, as there is a risk of infant botulism.

First stage (not before 17 weeks and preferably not before 6 months of age)

Pureed fruit, vegetables, potatoes, baby rice
Breast feeds or minimum 600ml infant formula

Second stage 6-9 months

In addition to the above:

Pureed/mashed meat, fish, cheese, well-cooked egg, pulses, cereals: rice, pasta, bread, breakfast cereals

Breast feeds or 500-600ml infant formula

Third stage 9-12 months

Mashed/minced family foods incorporating all of the above

Breast feeds or 500-600ml infant formula