

Your guide to making the move from milk to family meals

Time of day	Stage 1: Puréed foods		Stage 2: Minced/mashed foods	Stage 3: Finely chopped foods
	Between 4-6 months		From about 6-9 months	From about 9-12 months
	First spoon feeds	As your baby gets used to spoon feeds		
On waking	Breast milk or bottle of infant formula milk.	Breast milk or bottle of infant formula milk.	Breast milk or infant formula milk from a cup/bottle.	Breast milk or infant formula milk from a cup/bottle.
Breakfast	Breast milk or bottle of infant formula milk.	Baby rice mixed with breast milk or infant formula milk. + Breast milk or bottle of infant formula milk.	Cereal, eg plain Ready Brek/ porridge/Weetabix with breast milk, infant formula milk or whole cow's milk and/or 1 or 2 fingers of toast. + Breast milk or infant formula milk from a cup/bottle.	Cereal, eg plain Ready Brek/ porridge/Weetabix with breast milk, infant formula milk or whole cow's milk and 1 or 2 fingers of toast. + Breast milk or infant formula milk from a cup/bottle.
Lunch	Breast milk or bottle of infant formula milk. + Puréed fruit/vegetables or baby rice. (Start with 1-2 teaspoons and gradually increase as your baby is ready).	Baby rice mixed with breast milk or infant formula milk and puréed fruit. + Breast milk or bottle of infant formula milk.	Mashed hard boiled egg/pulses/ grated cheese/minced meat/ chicken/fish with vegetables and bread/pasta/rice/potatoes (eg macaroni cheese with mashed peas). + Breast milk or infant formula milk from a cup.	Chopped hard boiled egg/ cheese/pulses/meat/chicken/fish and bread/pasta/rice/potatoes (eg tuna sandwiches). + Chopped fruit. + Water or very dilute fruit juice from a cup.
Dinner/Tea	Breast milk or bottle of infant formula milk.	Puréed meat/pulses with potatoes and vegetables. + Breast milk or bottle of infant formula milk.	Minced meat/fish/chicken/pulses/ mashed hard boiled egg/grated cheese with vegetables and potatoes/rice/pasta/bread (eg stew with mashed potato). + Stewed or mashed fruit or yogurt. + Cooled boiled water or very dilute fruit juice from a cup.	Minced or chopped meat/fish/chicken/ pulses/well cooked egg/cheese with vegetables and potatoes/rice/pasta/bread (eg lasagne with broccoli). + Milk pudding or chopped fruit. + Water or very dilute fruit juice from a cup.
Evening/Bedtime	Breast milk or bottle of infant formula milk.	Breast milk or bottle of infant formula milk.	Breast milk or infant formula milk from a cup/bottle.	Breast milk or infant formula milk from a cup/bottle.

If your baby doesn't follow each stage exactly, don't be too concerned as long as your baby is healthy and growing well. Ask your Health Visitor if you have any concerns about weaning.