

One Meal for the Family & Baby

Family Meal

Use 3 or more different coloured vegetables and an iron-rich protein food.



Plan meals using lean red meat every second day for iron and zinc and alternate between meals with smaller and larger portion sizes.

Around 6 months of age

Blend a portion of the family meal with enough boiled water or casserole juices to achieve the desired consistency.



Around 6 months of age, it is important to start introducing babies to iron-rich foods for growth and development.

From 7 months of age

Fork mashed slow cooked meals are an easy solution. Or, pulse blend a portion of the family meal with enough boiled water to achieve soft lumps.



From 7 months of age, provide foods that encourage babies to chew, important for speech development and to establish healthy eating habits.

Around 8 months of age

Cut the meat and vegetables into bite-sized pieces. Serve with cooked pasta, bread fingers or potato wedges.



As baby's hand control improves, provide soft finger foods and avoid foods which could be potential choking risks such as hard foods e.g. raw carrot, celery, apple or large round foods e.g. grapes.

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A Guide to Iron-Rich Meals >

Healthy, Balanced Meal Ideas >

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