Happamama

First foods by month

Starting solids at a glance, 0 to 12 months

0–6 months

Milk only

Breast milk or first infant formula is all your baby needs.

Around 6 months

Watch for readiness

All 3 signs together: sits and holds head steady, gets food to mouth, swallows instead of pushing it out.

Around 6 months

First tastes

A few teaspoons once a day: soft cooked veg and fruit, mashed or as sticks. Add egg, ground peanut and other allergens one at a time.

7–9 months

Building to 3 meals

Breakfast, lunch and tea alongside about 4 milk feeds. Mashed and lumpy textures, finger foods.

10–12 months

3 meals a day

Three meals plus milk. Still no honey until 1 and no whole nuts until 5 (NHS; US: about age 4).

Before age 1: skip these

Honey
No honey before 1 year, not even in cooking.

Salt
Do not add salt to food or cooking water, and skip stock cubes and gravy.

Sugar and sweeteners
No added sugar or sweeteners.

Sugary, fizzy and caffeinated drinks
No squash, flavoured milk, fizzy drinks or 'fruit' or 'juice' drinks.

Whole nuts and peanuts
Never whole or chopped nuts.

Cow's milk as a main drink
Breast milk or first infant formula is the main drink until 1 year.

Raw or lightly cooked eggs
Cook eggs well, unless they are UK Lion eggs.

Unpasteurised and mould-ripened cheese
Avoid unpasteurised cheese, mould-ripened soft cheese (brie, camembert), ripened goats' cheese and soft blue cheese because of listeria.

Whole grapes, cherry tomatoes
Cut small round foods into quarters.

General information based on NHS guidance (UK). US advice (CDC, AAP) differs on some details; your health visitor or pediatrician knows your baby best. Sources: NHS “Your baby’s first solid foods” and “Foods to avoid giving babies and young children”. Checked October 2026.
happamama.com/tools/first-foods-planner