




# Transitioning Textures for Infants – birth to 1 year

To help infants develop their feeding and eating skills it is important to change the texture of foods between 6 and 12 months of age.

| Age                             | Texture  | Food and Drink Examples   |   |
|---------------------------------|--|---|---|
| <b>Birth to around 6 months</b> | Liquids only   | <ul style="list-style-type: none"> <li>Breastmilk, infant formula</li> </ul>  |    |
| <b>6 to 7 months</b>            | Blended or finely mashed                                   | <ul style="list-style-type: none"> <li>Infant cereal mixed with breastmilk, infant formula or boiled water</li> <li>Finely mashed ripe banana or avocado</li> <li>Peeled, cooked and blended or finely mashed apple or pear</li> <li>Blended or finely mashed cooked vegetables</li> <li>Blended meat, chicken, liver, fish</li> <li>Mashed silken tofu</li> <li>Blended or finely mashed legumes, beans</li> <li>Soft scrambled egg</li> <li>Yoghurt (full fat)</li> <li>Cottage cheese, ricotta cheese, cream cheese</li> </ul> |   |
| <b>7 to 9 months</b>            | Mashed and grated foods<br>Soft lumps<br>Soft finger foods | <ul style="list-style-type: none"> <li>Mashed cooked vegetables</li> <li>Chopped cucumber, tomato, or grated carrot</li> <li>Pieces of soft cooked vegetables (e.g. zucchini, cauliflower, broccoli, potato, pumpkin)</li> <li>Minced meats</li> <li>Mashed fruits</li> <li>Soft pieces of canned fruit mashed or chopped into bite-size pieces</li> <li>Hardboiled egg cut into small pieces</li> <li>Porridge</li> <li>Couscous, rice, risoni, semolina</li> <li>Grated cheese</li> </ul>                                       |  |

# Transitioning Textures for Infants – birth to 1 year cont.

|                              |  |   |   |
|------------------------------|--|---|---|
| <p><b>9 to 12 months</b></p> | <p>Food with lumps that need munching, chopped foods, finger foods, mixed textures</p> | <ul style="list-style-type: none"> <li>• Toast fingers</li> <li>• Cheese sticks</li> <li>• Cooked pasta e.g. penne, spirals, macaroni</li> <li>• Slices/pieces of lightly steamed vegetables</li> <li>• Pieces / wedges of soft peeled fruit</li> <li>• Small tender pieces of fish, meat or chicken</li> <li>• Meatballs made from minced meat that can be broken into small pieces</li> <li>• All-in-one meals such as casseroles or mornay (small pieces in a thick sauce)</li> <li>• Mixed meals such as pasta with bolognese sauce</li> <li>• Stir fry made with small finger food sized pieces</li> <li>• Bite-sized sandwiches with moist fillings such as avocado and cream cheese</li> </ul> |  |
|------------------------------|--|---|---|

**The aim is to have infants eating from the regular menu from 12 months and beyond.**

**Reduce the risk of choking**

The size, hardness and shape of some foods make them more likely than other foods to be inhaled or to cause choking.

**Foods to avoid:**

- small hard foods like nuts, seeds, raw peas, popcorn and raisins
- dry, hard biscuits or pretzels
- very chewy, sticky, 'gluey' textured foods such as fruit straps or fruit bars
- all hard, jelly and chocolate button shaped lollies/sweets.

Slippery round foods such as grapes, cooked peas and small cherry tomatoes may need to be squashed or cut to make them safer.

**Remember:** No food is guaranteed not to choke so ensure children are seated when eating and always actively supervise children when eating or drinking.

For more information about starting solids please refer to *Starting Family Foods - Introducing your baby to solid foods* brochure ([www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx](http://www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx))

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