



Fuelling their future journeys

Print this out and stick to the fridge to chart your weaning journey...

Get even more handy advice and guidance at organix.com/weaning

Watch out for high-in-sugar foods and added salt – they're not good! When you start weaning, all foods can be included with just a few exceptions: honey, raw shellfish, shark, swordfish, marlin, nuts and soft unpasteurised cheese.



Food to try at this stage:

Smaller, chewy finger foods. Dry cereals. Well-cooked meat or fish. Sticks of fruit and veggies. Slices of cheese. Breadsticks and pitta bread.

Cereal / Grains

Meat

Fish

Dairy*

*Cow's milk as a drink from 12+ months

Fruit

Veggies

