Give your baby breastmilk or infant formula, and also offer water, throughout the day as required. The menu planner is intended as a guide. Every baby is an individual and they develop at different rates. Once your baby has accepted the first simple foods, a greater variety of tastes and textures should be introduced until they can eventually eat the same as the rest of the family, but in smaller portions and with no added sugar or salt. Other foods to try: soft cooked meat, pasta shapes, lentils, pieces of chapatti, mashed hard boiled eggs, and whole milk dairy products like yogurt. *Mixed with breastmilk or infant formula before 6 months. From 6 months whole cow's milk may be added to cereal and used in small amounts in cooking, but it is not suitable as a drink until one year.

<table>
<thead>
<tr>
<th>Time</th>
<th>Menu Planner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Breastmilk or infant formula</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>Breastmilk or infant formula</td>
</tr>
<tr>
<td>Lunch</td>
<td>Baby cereal* Breastmilk or infant formula</td>
</tr>
<tr>
<td>Mid-afternoon</td>
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### Morning
- Breastmilk or infant formula

### Mid-morning
- Breastmilk or infant formula

### Lunch
- Baby cereal* Breastmilk or infant formula

### Mid-afternoon
- Breastmilk or infant formula

### Evening
- Breastmilk or infant formula

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