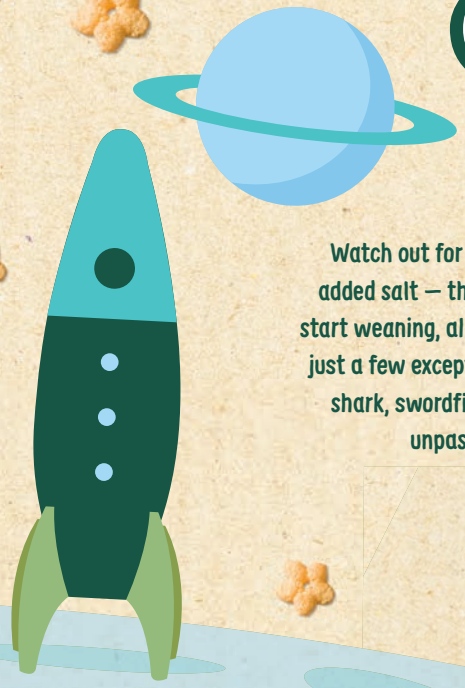
Fuelling their future journeys

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

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

Organix



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.

6 MONTHS

Food to try at this stage:

Smooth soft foods with pureed or mashed texture.
Avocado, banana, soft-cooked veggies and fruit slices.

Fruit

- ☐ _____
- ☐ _____
- ☐ _____

Veggies

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Cereal / Grains

- ☐ _____
- ☐ _____
- ☐ _____

Meat

- ☐ _____
- ☐ _____
- ☐ _____

Fish

- ☐ _____
- ☐ _____
- ☐ _____