

FIRST FOOD IDEAS FOR PACIFIC BABIES

AROUND 6 MONTHS

Start with offering smooth, puréed food.
Start with one meal a day, after breast milk or formula.



**Porridge, yoghurt
and peaches**



**Baby rice with
puréed pineapple**



**Puréed wheat biscuits
with puréed apple**



**Prawn, spinach and
kumara soup**



**Chicken, broccoli
and potato**



**Eggs, avocado
and pumpkin**



**Beef and onion
with pumpkin**



**Pork and apple
with kumara**



**Pork with beetroot
and potato**



**Chicken, spinach
and taro**



Fish, peas and potato



**Beef curry, green
beans and kumara**

Make cereal with breast milk or formula instead of cow's milk until one year old.