

**Meta Title:** 5 Foods Your 6 Month Old Will Love

**Meta Description:** Around 6 months of age, babies begin to develop a palate, start teething, and enjoy a diet made of more solid foods. At this vital stage, you can introduce new foods to the baby. However it is important to remember some important guidelines to ensure that your baby enjoys a safe, healthy, and delicious new diet.

**Meta Tags:** baby foods, 6 month old, baby diet, 6 months baby, solid foods, weaning food

## Best Baby Foods for Your 6 Month Old

What an exciting time the 6 month milestone is! Up until this stage, your baby's diet has mostly consisted of formula and breast milk. Now, it is that special phase of your baby's life where you can start introducing solid foods to him/her.

This is the time to get creative, but also stay careful! Your 6 month old baby will be excited to try new foods, and will even learn to chew. Of course, you'll want to give your baby foods that are not only healthy for the baby, but which he/she will genuinely enjoy at this age.

The first foods to introduce to your baby at 6 months are called stage 1 baby foods. These include strained and pureed foods which your baby will comfortably gulp down and digest. Remember, this stage is important because you are weaning your baby and helping him/her transition to solid foods.

The following baby foods are the best for your baby at this special time, according to experts around the world:

### Milk

It is recommended that along with solid foods, you continue breast milk or formula for your baby as the main nutrition source until your little one is 1 year old.

### Pureed Veggies

Pureed vegetables make the perfect weaning food. Vegetables ideal for 6 month old baby are carrots, potatoes, butternut squash, sweet potato, and parsnip. These veggies have a naturally sweet and delicious taste, and they have a smooth texture once they are pureed. Not to mention, they are great sources of essential vitamins and minerals for your growing infant.

You can combine pureed veggies with some baby rice and milk to create a creamy and delicious mixture. Your baby will eagerly have creamy pureed vegetables with a huge smile!

### Fruit Mash

Mashed and pureed fruits also make great baby food because they are easy to digest and yummy to taste. The best fruits to mash and offer your baby at mealtimes are apples, papaya, pears, bananas, apricots and peaches. Fruit servings will also fulfill your baby's vitamin requirements and provide fiber to aid in digestion and healthy bowel function. Mashed and peeled fruits will also be easy on your baby's stomach and you'll be able to prepare them with ease.

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## Cereals

**Baby** rice, oatmeal and pulses are also soft **foods** rich in important nutrients for your **baby**. This makes them a good **weaning food** for your little one when he/she is **6 months old**. Mix with **baby's** usual milk to make the cereal soft and easy to gulp.

## Smashed Meat

You can slowly start adding smashed and pureed poultry or fish or red meat to your **baby's diet**. Ensure to remove all bones, and ensure that the **baby** can swallow the crushed meat with ease, without the need to chew it. Smashed meat is an excellent source of protein, and safe to give to the **baby** starting from 6 months of age.

Above all, two things are extremely important to remember for all parents of **6 month olds**:

- Ensure that your **baby** does not have an allergic reaction to any **food**. If they do, discontinue the **food** at once.
- Before introducing any new **foods** to your **baby**, make sure to consult the **baby's** pediatrician first.

What did your little one enjoy eating at **6 months** of age? Share your personal stories and experiences in the comments below!