



YOUR BABY'S EARLY INTRODUCTION FOODS SCHEDULE

(After 5-7 days on just baby rice cereal, puréed fruits or vegetables)

WEEK 1						
MON	TUES	WED	THURS	FRI	SAT	SUN
Baby Rice	Cow's Milk Yoghurt	Baby Rice	Cow's Milk Yoghurt	Baby Rice		

WEEK 2						
MON	TUES	WED	THURS	FRI	SAT	SUN
★ ₁	Cow's Milk Yoghurt	★ ₁	Cow's Milk Yoghurt	★ ₂		★ ₂

WEEK 3						
MON	TUES	WED	THURS	FRI	SAT	SUN
★ ₁	Cow's Milk Yoghurt ★ ₃	★ ₁	Cow's Milk Yoghurt ★ ₃	★ ₂	★ ₄	★ ₂

WEEK 4						
MON	TUES	WED	THURS	FRI	SAT	SUN
★ ₁ ★ ₄	Cow's Milk Yoghurt ★ ₃	★ ₁ Wheat*	Cow's Milk Yoghurt ★ ₃	★ ₂ Wheat*	★ ₄	★ ₂

WEEK 5 and Onwards						
MON	TUES	WED	THURS	FRI	SAT	SUN
★ ₁ ★ ₄	Cow's Milk Yoghurt ★ ₃	★ ₁ Wheat	Cow's Milk Yoghurt ★ ₃	★ ₂ Wheat	★ ₄	★ ₂

*Wait till your baby is at least 4 months of age before you introduce wheat!

Food 1: **PEANUT**

Food 2: **SESAME**

Food 3: **EGG**

Food 4: **FISH**

Guideline Amounts Per Week (or equivalents)

- 2 fish fingers or $\frac{1}{4}$ fish fillet (25 grams)
- 2 small pots cow's milk yoghurt (40-60 grams per pot)
- 2 wheat based biscuit cereal (e.g. Weetabix)
- 1 small hard-boiled egg
- 3 rounded teaspoons peanut butter
- 3 teaspoons tahini (sesame paste)

Additional Tips:

- * Each 'serving' can be further split into 2-3 portions and given over the course of that day (e.g. $\frac{1}{2}$ a teaspoon, $\frac{1}{2}$ a Weetabix or equivalent, or $\frac{1}{2}$ a pot of yoghurt at one time).
- * Introduce wheat (and other cereals containing gluten such as rye, barley and oats) after your baby turns 4 months of age.
- * After your baby is comfortably established on these key foods, you may give more of any one of these foods if your baby desires it.
- * Remember your baby still needs frequent breastfeeding at this stage and breast milk should remain an important part of a baby's diet for the first year of life!
- * If you are having trouble introducing these foods, or if your baby is regularly taking in half or less of the weekly guideline amounts of these foods, please contact us for advice.

QUESTIONS? NEED ADVICE?
Please Contact the EAT Study Team

FIG E4. Example of an EIG allergenic food introduction regimen.