

# Food Texture Guide



Babies that start complementary foods between four and six months of age should start with a liquid purée.



## Puréed



Chicken, kūmara, spinach

## Mashed & lumpy



Fish, potato, bok choy

## Soft foods



Banana

## Finger foods



Cucumber, tomato, cooked egg

## Minced & chopped



Beef mince, lettuce, carrot

## Family foods



Carrot, bean, broccoli & lentil curry with rice



Baby rice (iron-fortified) & banana



Red lentils, spinach, kūmara



Yoghurt



Cottage cheese, cooked carrots, zucchini



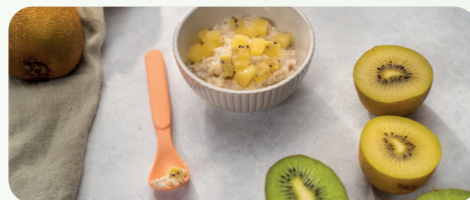
Rice, tofu, cooked green beans, red capsicum



Spinach, pumpkin, kūmara & tomato frittata



Silverbeet & potato



Porridge & kiwifruit



Steamed broccoli floret



Quartered grapes



Wheat biscuits, yoghurt, fruit salad



Corn & zucchini fritter



Cannellini beans, peas, carrot



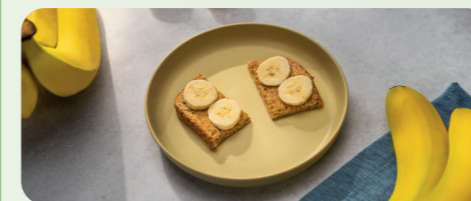
Pumpkin



Cauliflower



Avocado



Toast fingers with nut butter & banana



Spinach, tomato, mushroom omelette



Vege bean bolognese

Kūmara wedges



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