

# let your baby guide you

Here are some signs  
your baby has had  
enough to eat...



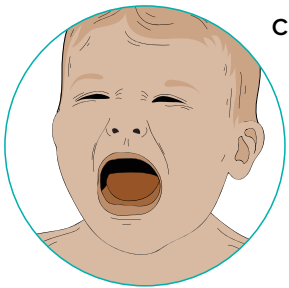
**Turns their  
head away**



**Spits  
out food**



**Closes their  
mouth**



**Crying and  
general unhappiness**



**Refuses food by pushing  
away the food or your hand**

**Babies are very good at knowing  
when they have had enough to eat.**

**Te Kāwanatanga  
o Aotearoa**  
New Zealand Government

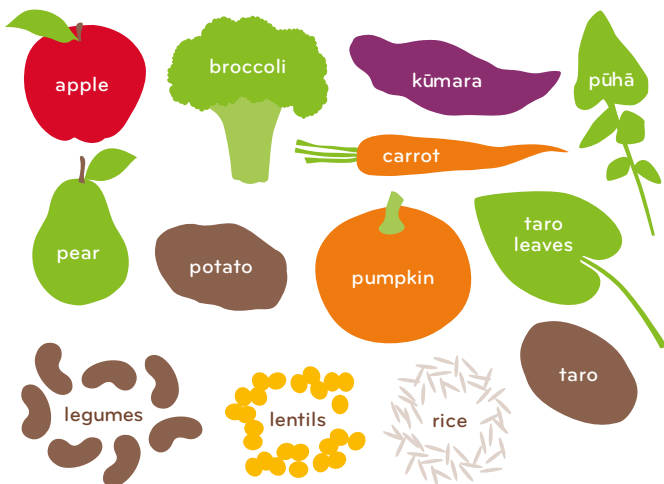
**Health New Zealand**  
Te Whatu Ora

**[healthykids.org.nz/eat/infant-feeding](https://healthykids.org.nz/eat/infant-feeding)**

these are the  
**best foods**  
for your baby  
when starting on  
solids at around  
6 months

Choose foods  
that are  
**soft &  
smooth**

Cooked and puréed vegetables, fruit, legumes,  
lentils or rice, such as



Cooked and puréed meat or fish



Mashed uncooked fruit



Store bought



**Babies are very good at knowing  
when they have had enough to eat.**

**Te Kāwanatanga  
o Aotearoa**  
New Zealand Government

**Health New Zealand**  
Te Whatu Ora

**[healthykids.org.nz/eat/infant-feeding](https://healthykids.org.nz/eat/infant-feeding)**