



## Foods not suitable for babies under 12 months of age

### Cow's milk

- Cow's milk should not be used as the main drink for infants before the age of 12 months as it doesn't have all of the vitamins and minerals that your baby needs to grow and develop.
- Cow's milk has large amounts of protein, sodium and potassium which can be damaging to your baby's kidneys.
- After 12 months of age, your baby can begin to have plain whole cow's milk as a drink.
- Reduced-fat milks are not recommended for children aged less than 2 years, as they need the fat for energy.
- Milo and flavoured milks are not recommended for young children as they contain large amounts of sugar.
- Small amounts of cow's milk can be used when cooking your baby's food from about 9 months.



### Beverages

- Fruit juice is not recommended for babies. It is better for your baby to eat fruit.
- If fruit juice is consumed, dilute with equal parts of water. Limit the amount to 120ml per day.
- Soft drinks e.g. lemonade, coke are very high in sugar and may replace more nutritious food in an infant's diet, so they are not recommended. They also increase the risk of tooth decay.
- Giving infants tea and coffee is not advisable as they may interfere with iron absorption.

### Honey

- Honey may contain the spores of a type of bacteria that can cause a very serious illness (infant botulism) in babies. After 12 months of age, your baby is less susceptible to this bacterium.
- However it is recommended that honey is not given to children aged under 1 year.

### Salt and sugar

- Do not add salt or sugar to your baby's food.
- Processed foods, foods tinned in brine and snacks, such as chips, should be avoided because they are high in salt. Be aware that gravies and stock cubes, not specifically for infants, are very high in salt. They should be used sparingly if infants are going to eat family foods containing them.
- Salt may damage your baby's kidneys. Your baby will receive all the salt their body needs from breastmilk, formula or natural food sources.
- A high consumption of sugar and sugary foods can encourage a sweet tooth and lead to tooth decay when first teeth start to come through. Avoid sweet biscuits and rusks so infants don't get into the habit of expecting sweet snacks and limit the frequency of desserts.

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Country Access 1800 111 546  
8am to 8pm 7 days a week  
or see our website [www.Ngala.com.au](http://www.Ngala.com.au)



### Low-fat foods

- Low-fat foods are not suitable for children under 2.

### Choking hazards

- Infants are at an increased risk of choking so food should be cut into small pieces and hard vegetables should be lightly cooked.
- Hard foods that might cause choking include: hard biscuits, raw apple, carrots, celery, sausage skins, whole peas, corn, beans, grapes, nuts, popcorn, hard lollies, corn chips, small bones or gristle.
- To assist with avoiding choking babies and young children need to be sitting when eating and drinking.

### Other

- Other foods that should not be fed to infants are uncooked fermented meats, such as salami, raw or uncooked meat (particularly minced meat), poultry, fish and shellfish, and raw sprouts, such as alfalfa, clover and radish, due to the higher risk of food poisoning associated with these foods.
- To prevent salmonella poisoning, all eggs should be cooked well and products containing raw eggs should be avoided



#### Websites for more information:

- [www.cyh.com.au](http://www.cyh.com.au)
- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

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