

BABY-LED-WEANING

Baby-Led Weaning Meal Ideas: 30 Easy BLW Recipes by Age

Looking for BLW meal inspiration? Get 30 easy baby-led weaning meal ideas organized by age with simple recipes, nutrient highlights, and safe preparation instructions.

Frequently Asked Questions

What are easy baby-led weaning meal ideas for 6 months?

Start simple: avocado spears, roasted sweet potato wedges, steamed broccoli florets, soft-cooked carrot sticks, banana, and oatmeal fingers. Offer one or two soft foods at a time and add iron-rich options like well-cooked egg as your baby gets comfortable.

How do I include iron in baby-led weaning meals?

Offer iron-rich foods at most meals, well-cooked egg, soft lentil patties, iron-fortified oatmeal, and finely shredded meats. Pairing them with vitamin C foods like broccoli, sweet potato or soft fruit helps the body absorb iron more effectively.

How many meals a day should a baby-led weaning baby have?

Many babies start with one meal a day around 6 months and gradually build to two or three by 8–9 months, alongside breast milk or formula, which remains the main nutrition source through the first year. Follow your baby's hunger cues and your pediatrician's guidance.

Can I serve my family meals to my baby?

Often yes, with modifications: leave out added salt, sugar and honey, cut foods into safe shapes, and make sure pieces are soft enough to squash. Sharing food helps your baby learn by watching you eat.

What are good iron-rich combinations for babies?

Try egg strips with avocado, lentil patties with steamed broccoli, or iron-fortified oatmeal topped with mashed banana. Combining iron foods with vitamin C foods supports better absorption.

Is gagging normal when trying new meal combinations?

Yes. Gagging is a normal protective reflex, especially with new textures, and is different from choking. Always supervise meals, seat your baby upright, and check with your pediatrician if you have concerns.