
Impact of a modified version of baby-led weaning on dietary variety, nutrients and food preferences in infants

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Baby-led weaning (BLW) is a form of complementary feeding where the baby feeds themselves foods that they can pick up right from the start of complementary feeding. It appears to be gaining popularity in the United Kingdom and New Zealand. However, the published evidence available in this area is very limited. Baby-Led Introduction to Solids (BLISS) is a modified version of BLW,

and the BLISS study is the first randomized controlled trial of a baby-led approach to complementary feeding in the world. It aims to address this current gap and determine whether a baby-led approach is associated with potential health benefits or risks in infants through to 2 years of age.

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