Introduction: Proper weaning is very crucial for infants in achieving normal physical and mental well being. The practices vary depending on the family socio-economic status, educational level, customs, beliefs and taboos.

Objective: To identify and understand the weaning practice among mothers in Hospital Universiti Sains Malaysia (HUSM), their food preferences and food taboos.

Method: This is a cross sectional study among mothers in HUSM. All the mothers were interviewed using standard questionnaires by the researcher.

Results: Two hundreds mothers were included in the study, majority of them being Malay. More than 50% of the respondents received secondary educational level and more than 30% of them with the family income of RM 2000/month. Eighty one percent (81%) started weaning between the ages of 4-6 months of age. Seven percent started earlier and 12% started later. Three percent started between 9-12 months. The majority of them introduced one type of food only. Majority of the mothers started weaning with porridge. 93% of them did not practice any food taboo. The minority (7%) that practiced food taboo claimed that they will not give beans (fear of bloatedness), cabbage (cold food), and pumpkin (cold food) to their babies before the age of one year.

Conclusion: Weaning during the recommended period was observed in 81% of a Kelantanese population. Food taboos were rarely practiced.