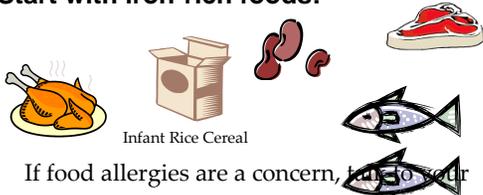
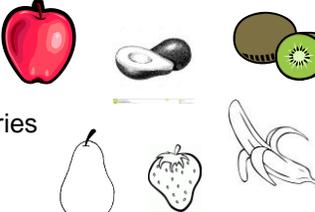
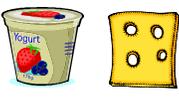


# START SOLID FOODS AT... 6 MONTHS

<p><b>6 MONTHS</b></p>  <p><b>Pureed</b></p>	<p><b>Start with iron-rich foods:</b></p>  <p>Infant Rice Cereal</p> <p>If food allergies are a concern, talk to your doctor.</p>	<p><b>Iron-rich foods:</b></p> <ul style="list-style-type: none"> <li>-beef</li> <li>-pork</li> <li>-chicken &amp; turkey</li> <li>-lamb</li> <li>-dried peas &amp; beans</li> <li>-fish (without bones)</li> <li>-infant cereal</li> <li>-lentils</li> <li>-tofu</li> <li>-eggs (especially the yolk – and be sure to cook until the yolk is firm)</li> </ul>	<p><b>Feeding tips:</b></p> <ul style="list-style-type: none"> <li>• Start with pureed foods. Next, add smooth mashed foods.</li> <li>• Mix infant cereal with breast milk or formula so it is like a thin soup. Slowly make it thicker.</li> <li>• Iron helps keep your baby's blood &amp; body healthy. It is important to feed your baby high iron foods every day.</li> </ul>	
<p><b>ADD:</b></p>  <p><b>Mashed</b></p>	<p><b>Vegetables and Fruits:</b></p> <ul style="list-style-type: none"> <li>-carrots</li> <li>-green beans</li> <li>-broccoli</li> <li>-sweet potatoes</li> <li>-peas</li> <li>-cauliflower</li> <li>-squash</li> </ul> 	<ul style="list-style-type: none"> <li>-banana</li> <li>-pear</li> <li>-apple</li> <li>-kiwi</li> <li>-strawberries</li> <li>-peach</li> <li>-avocado</li> </ul> 	<p><b>Feeding tips:</b></p> <ul style="list-style-type: none"> <li>• When your baby has learned how to eat smooth food, slowly make it mashed and lumpier.</li> </ul>	
<p><b>ADD:</b></p>  <p><b>Chopped</b></p>	<p><b>Dairy Foods:</b></p> <ul style="list-style-type: none"> <li>-plain yogurt</li> <li>-cottage cheese</li> <li>-grated cheese</li> </ul> 	<p><b>Finger Foods</b></p> <ul style="list-style-type: none"> <li>-toast</li> <li>-macaroni</li> <li>-soft cut-up meat</li> <li>-cooked/scrambled egg</li> <li>-cooked vegetables</li> <li>-soft fruit</li> <li>-toasted O's</li> </ul> 	<p><b>Avoid foods that may cause choking until age 4:</b></p> <ul style="list-style-type: none"> <li>• popcorn, hard candies, gum</li> <li>• nuts and seeds</li> <li>• hot dogs – unless cut lengthwise in 4</li> <li>• hard vegetables – unless grated</li> <li>• raisins</li> <li>• fish with bones</li> <li>• peanut butter – unless spread thinly on toast</li> <li>• grapes – unless cut in 4</li> </ul>	<p><b>Feeding tips:</b></p> <ul style="list-style-type: none"> <li>• Start finger foods so baby can learn to pick up foods.</li> <li>• If your baby is eating foods high in iron, homo milk can be added at 9 months. Limit to 3 cups (24 ounces) a day. Waiting until 12 months or older to start homo milk is better!</li> </ul>
<p><b>12 MONTHS</b></p>	<p>Offer your baby foods from all four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives.</p> <p>Keep breastfeeding for 2 years and beyond!</p> 		<p><b>TIPS:</b></p> <ul style="list-style-type: none"> <li>• Continue to offer diced, cubed, minced and grated foods</li> <li>• Eat together as a family</li> <li>• Always supervise and watch your baby while he is eating</li> </ul>	

References: Health Canada. Nutrition for Healthy Term Infants: Recommendations from 6 to 24 months. 2015 January 19. Available from: <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>  
 Dietitians of Canada. Feeding Your Baby Solid Foods. In Practice-based Evidence in Nutrition (PEN). 2014 November 24. Available from: <http://www.pennutrition.com/KnowledgePathway.aspx?kpid=2018&trid=18457&trcatid=467>

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This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

Updated Nov. 2016



### Signs your baby is hungry:

- excited and smacks their lips when placed in the high chair
- opens mouth when offered food
- leans forward and reaches for the food

### Signs your baby does not want to eat

#### anymore:

- closes mouth when offered food
- turns or pushes food away
- cries to get out of high chair

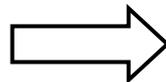


- Breastmilk or formula is the most important food in the first year. Gradually your baby will eat more solid food and less breastmilk. Start with 1-2 tablespoons of food. Give more if baby is still hungry.
- If baby does not feel like eating, **do not** force her to eat. Your baby will eat when she is hungry and stop when she is full.
- Have your baby eat with the family. Let your baby touch and play with his/her food. This helps baby learn about food and how to eat.
- Offer baby foods high in iron at each meal.

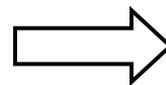
**It is important to offer baby different textures of food (even if they do not have teeth) to help them develop their chewing skills.**



**Smooth**



**Mashed**



**Chopped  
(finger foods)**

