



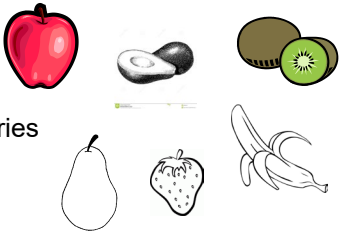


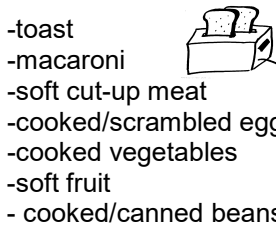



START SOLID FOODS AT... 6 MONTHS

<p>6 MONTHS</p>  <p>Pureed</p>	<p>Start with iron-rich foods:</p>  <p>Infant Cereal</p>	<p>Iron-rich foods:</p> <ul style="list-style-type: none"> -beef -pork -chicken & turkey -lamb -moose -deer -duck -infant cereal -lentils -tofu -eggs -nut butters -fish (without bones) -dried peas & beans 	<p>Feeding tips:</p> <ul style="list-style-type: none"> • Start with pureed smooth or mashed foods. Change texture to match your baby's skill and age. • Iron is very important for baby's brain development. Feed your baby high iron foods at each meal. 	
<p>ADD:</p>  <p>Mashed</p>	<p>Vegetables and Fruits:</p> <ul style="list-style-type: none"> -carrots -green beans -broccoli -sweet potatoes -peas -cauliflower -squash 	<ul style="list-style-type: none"> -banana -pear -apple -kiwi -strawberries -peach -avocado -mango 	<p>Feeding tips:</p> <ul style="list-style-type: none"> • When your baby has learned how to eat smooth food, add more mashed, minced and lumpier textures. • Feeding can be messy but letting baby touch their food helps them learn to eat. 	
<p>ADD:</p>  <p>Chopped</p>	<p>Dairy Foods:</p> <ul style="list-style-type: none"> -plain yogurt -cottage cheese -grated cheese -paneer 	<p>Finger Foods</p> <ul style="list-style-type: none"> -toast -macaroni -soft cut-up meat -cooked/scrambled egg -cooked vegetables -soft fruit - cooked/canned beans 	<p>Avoid foods that may cause choking until age 4:</p> <ul style="list-style-type: none"> • popcorn, hard candies, gum • nuts and seeds • hot dogs – unless cut lengthwise in 4 • hard vegetables –unless grated • raisins • fish with bones • nut butters – unless spread thinly on toast • grapes – unless cut in 4 	<p>Feeding tips:</p> <ul style="list-style-type: none"> • Cut soft foods into small pieces so baby can learn to pick up foods. • Offer 2 cups (500ml) of 3.25% milk each day but no more than 3 cups (750ml) per day.
<p>12 MONTHS</p>	<p>Offer your baby: vegetables, fruit, grain products, dairy foods, meat, and/or fish, eggs, tofu, beans, lentils or chickpeas.</p> <p>Adapt family meals to allow your baby to eat with the family</p> <p>Keep breastfeeding for 2 years and beyond!</p> 		<p>TIPS:</p> <ul style="list-style-type: none"> • Continue to offer a variety of food textures: minced(finely chopped), finger foods(small, soft pieces of food) and grated foods. • Eat together as a family. • Always supervise and watch your baby while they eat. 	



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 more:

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



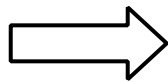
- Breastmilk or formula is the most important food in the first year. Gradually your baby will eat more solid food and less breastmilk. Start with 1-2 teaspoons of food. Give more if baby show signs they are still hungry.
- Feed allergenic foods often. Offer these foods 2-3 times each week to reduce the risk of developing an allergy. Examples of allergenic foods are: peanut butter, eggs, fish, wheat, cow's milk, or soy. Speak to a Dietitian about how to safely prepare and offer them to your child.
- If baby does not feel like eating, **do not** force them to eat. Your baby will eat when they are hungry and stop when they are 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.

It is important to offer baby different soft textures of food to help them develop their chewing skills(even if they don't have teeth).

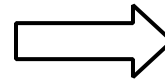
By 9 months, your baby should be eating soft pieces of food.



Smooth



Mashed and finely chopped(minced)



Chopped and small pieces of food (finger food)

