



MY FIRST YEAR OF
EATING

THANK YOU...

for recording the great eating adventures in my first year of life!

Breastmilk or formula ensure I grow well, but starting me on solid food at about 6 months lets me try new flavours and textures.

Once I am a year old, I will know all kinds of different tastes and can eat more food to meet my growing needs!

I know we will learn a lot about food in my first year. I enjoy my eating time, but some days I may eat slowly or not be hungry for solid food – just breastmilk or formula. It means a lot that you are patient with me and let me eat at my own pace.

All the wonderful foods you introduce me to in my first year will help me develop into an adventurous, healthy, and happy eater.

ALL ABOUT ME

My name is

I was born on and I weighed

I love to drink

Sometimes I eat more often when I am going through a growth spurt – I need more energy to keep growing.

When I am hungry, I let you know by

.....

When I am full, I let you know by

.....



MY FIRST TOOTH

I may not have teeth yet but I am glad you wipe my gums with a cloth.

When I am teething, helps me feel better

I got my first tooth when I was months

Don't forget; if I am drinking breastmilk I should get a vitamin D drop every day to help my bones and teeth grow strong and healthy!



SOLID FOODS

I am growing fast, but my tummy is not ready for solid foods until about 6 months.

Some other signs that tell you I'm ready for solid food:

Sit up by myself with very little help
Open my mouth when you offer me a spoon
Close my lips around the spoon
Keep food in my mouth and swallow
Turn my head away if I do not want to eat anymore



I AM 6 MONTHS

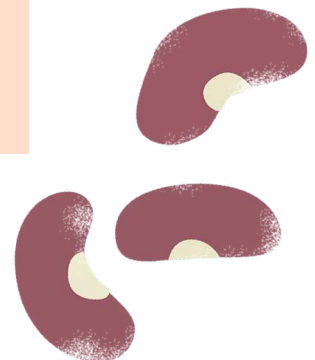
The first solid food I tried was:

My reaction was:

I started with foods that are high in iron to help my brain grow!

Some high iron foods that I have tried are:

- Meat
- Fish
- Eggs
- Tofu
- Legumes (beans, lentils)
- Infant cereal



I AM 7 MONTHS

I like to try many different types and textures of food by tasting and feeling the foods I am eating – this is how I learn about food.

My favourite food is:

I have tried:

- Peanut butter
- Eggs

Eating these foods early may help prevent me from becoming allergic to them.

You can mix peanut butter with warm water or mix with it my favourite fruit purée for me to try!



I AM 8 MONTHS

I love when you make my food because it is cheaper and gives me lots of nutrition!

Homemade food means you can make the right texture so I can learn how to develop my chewing skills.

At 8 months I have already tried:

- Pureed
- Mashed/lumpy texture
- Soft texture

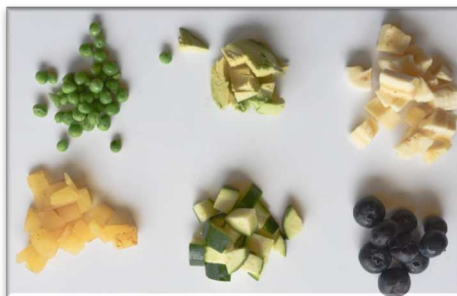


I AM 9 MONTHS

I am learning to use my thumb and finger to pick up small pieces of food!

My favourite finger foods are:

- Soft pieces of fruit (banana, kiwi)
- Cooked pasta
- Cottage cheese
- Cooked beans (black beans, kidney beans)
- Scrambled eggs
- Small pieces of toast
- Soft cooked vegetables (peas, carrots)
- Small pieces of meat
-



I AM 10 MONTHS

Please do not feed me plant-based drinks (like almond or rice milk); they do not have enough nutrients for me to grow.

I am eating all kinds of foods including:

Protein foods (like pieces of meat, cooked beans, and eggs)
Fruits and vegetables (like cooked broccoli, and grated apple)
Whole grains (like pasta, bread, and rice)

I tell you I'm hungry when I

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I can start drinking small sips of homogenized (whole) cow's milk because my tummy can digest it. I still need breastmilk (or formula) to help me grow!



I AM 11 MONTHS

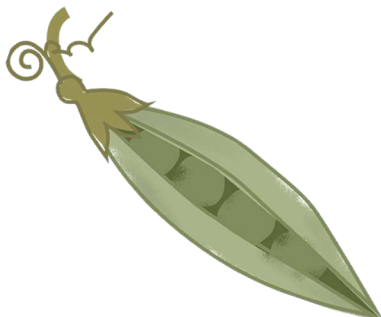
I am very interested in everything that is going on around me.
Thank you for offering me healthy foods that help
me to be smart, strong and happy!

My favourite foods right now are:

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My favourite meal is

I am still learning to chew and swallow different textures.
Thank you for avoiding the foods that could make me choke,
such as nuts, seeds, popcorn, and hot dogs.



1 YEAR!

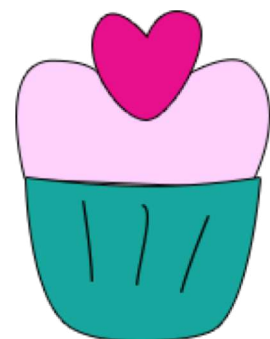
Thanks for giving me the best start to life with the best food possible!

My favourite time to eat is with my family!

What I ate on my birthday:

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Outline your child's hand here!



AFTER 1 YEAR...



As I keep growing, there are some days when I may not eat as much as other days. Thank you for not bribing me or making me feel pressured to eat if I am not hungry. I can decide how much I am going to eat.

Sometimes it may take me up to 12 tries before I accept a new food! Some things that can help me try new foods are:

Offer new foods with familiar foods
Keep mealtimes happy
Serve me the same meal as everyone else;
I learn from watching you eat a variety of food!

As I get older, I like to be included in the activities that you do around the house. Learning about how to prepare food early in my life can set me up for a lifetime of healthy eating, and I get to have fun with you!

Some things that I can help with are:

2-3 years old: wash fruits and vegetables, rip lettuce
3-4 years old: mash potatoes and bananas, mix ingredients



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