





Food for Baby's First Year

Your baby is ready to start solid foods at about six months of age. You will know she is ready when she holds her head up, sits up in a high chair, opens her mouth wide when offered food on a spoon, closes her lips over the spoon, and swallows food instead of pushing it out.

 Birth to 6 Months	 6-9 Months	 9-12 Months	 After 12 Months
<p>Baby's main food for the first year of life:</p> <ul style="list-style-type: none"> • Breast milk¹ • Only breast milk? Give Vitamin D supplement 400 IU every day <p>¹Not breastfeeding? Call the Health Unit</p>	<p>Ready for solids? Start with iron-rich foods:</p> <ul style="list-style-type: none"> • Pureed meat, fish, poultry, and alternatives: <ul style="list-style-type: none"> ○ Beef ○ Chicken ○ Turkey ○ Lamb ○ Fish (e.g., white fish, salmon, light canned tuna) ○ Pork ○ Egg yolk (avoid white until 12 months) ○ Tofu ○ Well-cooked legumes such as beans, lentils, and chickpeas • Iron-fortified, single grain infant cereal: <ul style="list-style-type: none"> ○ Rice, barley, oat, and wheat ○ Do not use cereal with added sugar or infant formula ○ Offer infant cereal for at least one year 	<ul style="list-style-type: none"> • Mashed or finely chopped vegetables and fruits: <ul style="list-style-type: none"> ○ Squash, peas, sweet potatoes, green or yellow beans, apples, peaches, bananas, pears, apricots, etc • Fruit juice: <ul style="list-style-type: none"> ○ Babies do not need juice – whole fruits (pureed or mashed) are better ○ If you offer juice, wait until baby is eating fruit and other foods ○ Serve juice in a cup – never a bottle ○ Give 100% juice without added sugar ○ Offer only at meal or snack ○ Give no more than ½ cup per day • Chewy finger foods: <ul style="list-style-type: none"> ○ Small pieces of dry toast, bread, unsalted crackers or pita 	<ul style="list-style-type: none"> • Soft, cooked vegetables in bite-sized pieces • Soft, ripe, peeled fruit pieces • Cooked egg yolk • Grains: <ul style="list-style-type: none"> ○ Cooked rice or pasta ○ Flat bread ○ Plain muffin ○ Dry cereals - unsweetened • Bite-sized pieces of tender meat, fish, cooked beans, tofu: <ul style="list-style-type: none"> ○ Do not offer ham, wieners, bologna, salami, sausages or other deli meats. These are high in fat and salt ○ Offer white fish, salmon and light canned tuna • Whole cow's milk (3.25%) <ul style="list-style-type: none"> ○ Homogenized milk only when a variety of foods are eaten ○ Do not give skim, 1%, 2% milk • Plain cottage cheese or yogurt • Small cubes of soft cheese or shredded cheese <p><i>By 12 months of age babies should be enjoying a variety of foods from each of the four food groups in Canada's Food Guide and drinking liquids from a cup.</i></p> <p><i>You decide what, when and where baby eats. Let baby decide which foods, how much to eat, or if they eat at all.</i></p>

Be Safe! Do not give your baby foods that are hard, small, round or sticky e.g., nuts, popcorn, candies, whole grapes, hard vegetables, gum, peanuts or other nuts, sunflower seeds, and raisins. Do not use honey before the age of 12 months. It can make your baby very sick.

Family History of Allergies? Check with your doctor about foods your baby should not be given.

Adapted from materials produced by the North Bay Parry Sound District Health Unit
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For more information contact the Renfrew County & District Health Unit
613-735-8651 or 1-800-267-1097, Ext. 666.