



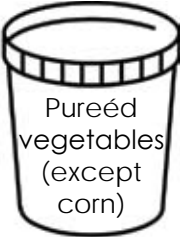

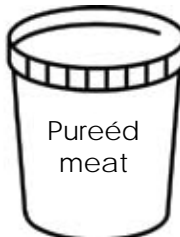
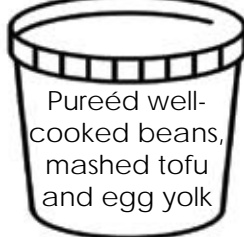
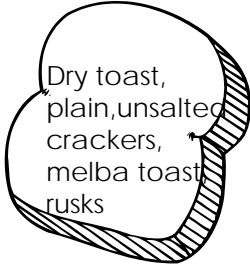






At a Glance... When to add new foods to baby's diet

When	What	Why
Birth - up to 2 years	 <p>Breast Milk (exclusive to 6 months is recommended with continued breastfeeding for up to 2 years and beyond)</p>  <p>Infant Formula: iron-fortified is recommended</p>	<ul style="list-style-type: none"> Best main food for baby's first year
6 months	<p>Introduce solids</p>  <p><u>Iron-fortified</u> infant cereal from a spoon</p>  <p>Start with cereal like rice, barley, or oatmeal. Pureed meat or mashed egg yolk could also be offered.</p>	<ul style="list-style-type: none"> Nutrient-rich foods give energy and iron
7-9 months	 <p>Pureed vegetables (except corn)</p>  <p>Lumpy or mashed fruit and fruit juice</p>  <p>Pureed meat</p>  <p>Pureed well-cooked beans, mashed tofu and egg yolk</p>  <p>Dry toast, plain, unsalted crackers, melba toast, rusks</p>	<ul style="list-style-type: none"> Introduces new flavours Gives vitamins, more protein and iron Baby begins to chew
9-12 months	<p>Mashed foods and finger foods like: soft fruit (raw or cooked), diced cooked vegetables, small pieces of cooked meat and chicken</p>  <p>soft fruit (ripe, peeled)</p> <p>Cheese cubes (not low fat)</p>   <p>Yogurt</p> <p>yogurt (no honey or aspartame)</p> <p>Homo milk in cup (3.25% milk fat)</p> 	<ul style="list-style-type: none"> Baby needs to learn to chew Baby can now try homogenized milk

Why wait until at least 6 months to give solid foods?

- ... baby's digestion is not ready for solid food before six months. Your baby could get food allergies.
- ... baby cannot take food well from a spoon before six months
- ... breastmilk or formula gives all the nutrition needed. Feed more milk during growth spurts.

Signs of readiness for solid foods:

- a breastfed baby requires more than 8 to 10 feedings per 24 hours and always seems hungry
- a formula fed baby drinks at least 40 oz. (1.2 L) per day, and still seems hungry
- your baby's weight has doubled
- your baby shows interest when others eat
- your baby has head and neck control and can sit up with support
- your baby can move food from the front of their mouth to the back of their tongue to swallow
- your baby can draw in their lower lip as a spoon is removed from their mouth
- your baby's head turns or mouth doesn't open when there is no interest in food

Adding NEW Foods & Avoiding Allergies

Research shows the best way to prevent food allergies is to:

1. Breastfeed until at least 6 months
2. Do not introduce solids until 6 months

- ✿ Try one new food at a time
 - Give your baby only one new food at a time. Wait 3-5 days before you give another new food.
 - Baby shows signs of fullness by losing interest in eating, turning away and not opening the mouth.
- ✿ Start with small amounts
 - Give one teaspoon or less of a new food; gradually give more.
 - Right now, breast milk or formula is still the best source of nutrition, so continue to offer milk first before solids.
 - You may mix food with breast milk.
- ✿ Give unmixed, single foods
 - Choose single foods like carrots instead of mixed vegetables.
 - Don't feed mixed foods (mixed meat and vegetable dinners, mixed fruit, fruit and custard desserts and mixed cereal) to your baby until they have eaten many unmixed, single foods.
 - Offer vegetables before fruit, so baby won't expect all foods to taste sweet.
- ✿ Try, try, and try again
 - Offer new foods when your baby is happy, not tired.
 - If your baby refuses to eat a new food, try it again in a week or two.
 - Teething may upset your baby's schedule.
 - Try not to be restricted by your own food likes/dislikes.
- ✿ Avoid these foods
 - foods sweetened with corn syrup, molasses or artificial sweeteners (eg. aspartame)
 - honey can cause food poisoning (botulism) if given to a baby under one year
- ✿ Food allergies
 - Food allergies are commonly caused by foods like peanuts, tree nuts, fish and shellfish but can be caused by any food. Watch for signs of allergy when introducing new foods.
 - A typical allergic reaction may be a skin rash, redness after eating, vomiting, diarrhea, or trouble breathing. More severe reactions can occur.
 - Talk to your health care provider if you think your baby may be having, or has had, an allergic reaction to any food.
 - If you, your partner or your baby's siblings have allergies, your baby may be more likely to develop food allergies. Talk to your health care provider if you have any concerns about introducing certain foods.

Sample Menu for 6 months

This is a guideline only. Anytime after your baby's sixth month, he may be physiologically and developmentally ready to start solid foods. Your baby's first solid food can be iron-fortified cereal. Infant cereal amounts refer to dry cereal only.

- Introduce cereals in this order: 1. Rice 2. Barley 3. Oatmeal 4. Soy 5. Mixed
- Begin cereal only if baby is ready.
- Start with cereal once a day. Increase to twice a day according to baby's appetite.
- Don't add infant cereal to the bottle.
- Use rice, barley or oatmeal infant cereal before mixed or soy.
- If your baby does not like iron-fortified cereal, try pureed meat or meat alternatives for the iron.
- Your baby will need about 4-5 feedings of breast milk or formula per day.

Early Morning	• Breast milk or 6-7 oz. (175-225 ml) formula
Breakfast	• Breast milk or 6-7 oz. (175-225 ml) formula • 1-2 tbsp. (15-30 ml) infant cereal made with water, breast milk or formula
Lunch	• Breast milk or 6-7 oz. (175-225 ml) formula
Afternoon	• Baby may need some breast milk or formula
Supper	• Breast milk or 6-7 oz. (175-225 ml) formula • 1- 2 tbsp. (15-30 ml) infant cereal (made with water, breast milk or formula) or pureéd meat or meat alternatives
Evening	• Breast milk or 6-7 oz. (175-225 ml) formula
Night	• Give feedings as needed

Sample Menu for 7 months

Tips...

- An already opened baby food jar keeps in the fridge for 3 days.
- A lumpy, pureed texture is recommended.
- It is NOT recommended to feed directly from the jar.
- Which vegetables should I try first?
Pureed peas, green or yellow beans, sweet or white potato, or squash
- Which fruits should I try first?
Pureed apples, pears, apricots, plums, bananas, or peaches

Early Morning	• Give feedings as needed
Breakfast	• Breast milk or 6-7 oz. (175-225 ml) formula • 4-6 tbsp. (60-100 ml) infant cereal • 2 oz. (60 mL) diluted, unsweetened fruit juice (1 oz. (30 mL) juice + 1 oz. (30 mL) of water)
Lunch	• Breast milk or 6-7 oz. (175-225 ml) formula • 2-4 tbsp. (30-60 mL) pureéd vegetable
Afternoon	• Breast milk or 6-7 oz. (175-225 ml) formula
Supper	• Breast milk or 6-7 oz. (175-225 ml) formula • 4- 6 tbsp. (60-100 ml) infant cereal, or meat or meat alternatives • 2-4 tbsp. (30-60 mL) pureéd fruit
Evening	• Breast milk or 6-7 oz. (175-225 ml) formula
Night	• Give feedings as needed

All sample menus are guidelines only ... every baby is unique

Making Your Own Baby Food

Guidelines

You will need a food processor, blender or sieve, ice cube trays or small freezer jars

- ♥ Cleanliness is important when making baby food.
- ♥ Do not add salt, sweeteners (honey, syrups, molasses, sugar), fat (no fried foods), or strong spices when making baby food. Baby's taste buds are very sensitive.
- ♥ Refrigerate or freeze food that is not served immediately. Freeze baby food in small freezer jars or ice cube trays, or spoon onto a cookie sheet. Transfer the frozen food to plastic freezer bags. Label food with date.

- ♥ If stored in a fridge freezer, use within 2 months.
- ♥ If stored in a deep freezer, use within 6 months.
- ♥ Thaw frozen baby food either in the fridge, in a saucepan of hot water or in the microwave. Do not leave baby food on the counter to thaw.
- ♥ Never refreeze a food that has been thawed; it will keep 2-3 days in the fridge.
- ♥ Mix thawed baby food before serving. Serve it either cool or warm.
- ♥ Throw out leftover food after baby is finished eating.

Making Meats and Alternatives

What to choose:

Choose lean meats, poultry and fish that have been baked, braised, boiled or roasted. Avoid cured meats such as ham, hot dogs or bacon. Suggestions are: chicken, beef, turkey, pork, fish, lamb, veal or meat alternatives (dried beans, peas, lentils, tofu and egg yolks).

How to prepare:

Cooked meat, poultry and fish: blend with a small amount of water.
Cooked beans, peas and lentils: follow the instructions given for vegetables.
Cooked egg yolk and tofu: mash with a little water until the desired texture is reached.

Making fruit

What to choose:

Use fresh, frozen, dried or canned fruit.
Suggestions are: nectarines, peaches, apples, pears, bananas, plums, prunes, or apricots.
Pineapple, strawberries, and raspberries have too much fibre and seeds for baby food.

Making Vegetables

What to choose:

Use fresh or frozen vegetables; canned vegetables are too high in salt. Suggestions: begin with green/yellow beans, yams, or peas. Try stronger tasting vegetables (broccoli, cauliflower, brussel sprouts) when baby gets older. Home-prepared spinach and carrot juice may contain large amounts of nitrates. Do not feed these vegetables often.

How to prepare:

Wash, peel if necessary & cook in steam or microwave. Pass through a sieve or mash. Add a small amount of water if needed.

How to prepare:

Applesauce can be served as is and bananas need only to be mashed. Canned or frozen fruit: drain off juice. Blend briefly, pass through sieve or mash.
Dried and fresh fruit: cook briefly to soften it a bit. Steam or simmer in a small amount of apple juice to prevent the fruit from turning brown. Blend briefly, pass through a sieve, or mash.

Sample Menu for 8 months

Early Morning	<ul style="list-style-type: none"> • Give feeding as needed
Breakfast	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2 oz. (60 ml) unsweetened fruit juice (offer in a cup) • 4-6 tbsp. (60-100 ml) infant cereal
Lunch	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2-4 tbsp. (30-60 ml) strained meat or alternatives • 2-4 tbsp. (30-60 ml) mashed vegetable • 2-4 tbsp. (30-60 ml) mashed fruit
Afternoon	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula
Supper	<ul style="list-style-type: none"> • 4-6 tbsp. (60-100 ml) infant cereal • 2-4 tbsp. (30-60 ml) mashed vegetable or fruit
Evening	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula

Mashed or finely minced texture is recommended.

Sample Menu for 9 months

Early Morning	<ul style="list-style-type: none"> • Give feeding as needed
Breakfast	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 4 oz. (120ml) unsweetened fruit juice (offer in a cup) • 4-6 tbsp. (60-100ml) infant cereal
Lunch	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula • 2-4 tbsp. (30-60 ml) meat or alternatives • 2-4 tbsp. (30-60 ml) vegetable • 2-4 tbsp. (30-60 ml) fruit
Afternoon	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula
Supper	<ul style="list-style-type: none"> • 4-6 tbsp. (60-100 ml) infant cereal or 2-4 tbsp. (30-60 ml) meat or alternatives • 2-4 tbsp. (30-60 ml) vegetable • 2-4 tbsp. (30-60 ml) fruit
Evening	<ul style="list-style-type: none"> • Breast milk or 6-8 oz. (175-250 ml) formula

Mashed, chopped or ground texture is recommended.

Tips

Meat alternatives include dried beans, peas, lentils, tofu or egg.

- If you wish to serve egg yolk only, hard boil the egg, and separate the white from the yolk.
- Mash yolk with a fork and add water to moisten.
- Egg yolks are a good source of iron.
- Omega-3 eggs contain essential fatty acids which are necessary for eye and brain development.

Sample Menu for 10, 11, 12 months

Early Morning

- Give feeding as needed

Breakfast

- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 4-6 tbsp. (60-100 ml) infant cereal, 1/2 slice dry toast
- 2-4 oz. (60-125 ml) unsweetened fruit juice (in a cup)

Morning

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk

Lunch

- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 2-4 tbsp. (30-60 ml) meat or alternatives
- 2-4 tbsp. (30-60 ml) vegetable, 2-4 tbsp. (30-60 ml) fruit

Afternoon

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk
- Snack – see list on page 14

Supper

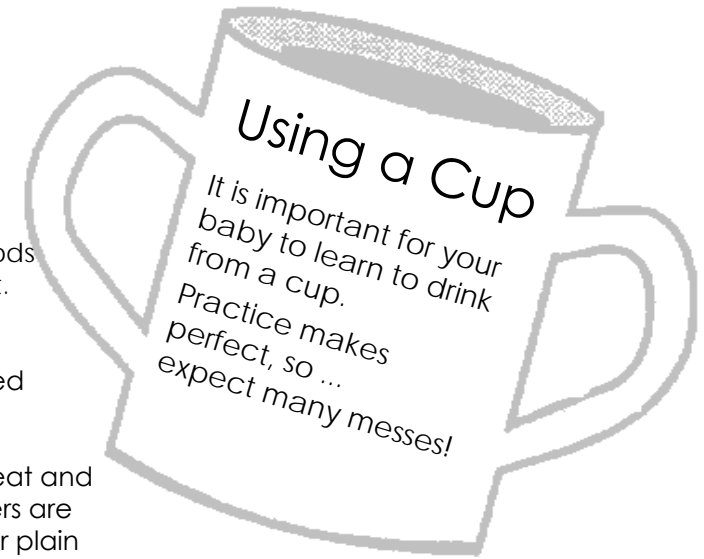
- Breast milk or 2-3 oz. (60-100 ml) formula or 3.25 % MF homogenized milk (offered from a cup)
- 2-4 tbsp. (30-60 ml) meat or alternatives,
- 2-4 tbsp. (30-60 ml) rice or pasta
- 2-4 tbsp. (30-60 ml) vegetable
- 2-4 tbsp. (30-60 ml) fruit and/or yogurt or cottage cheese

Evening

- Breast milk or 6-8 oz. (175-250 ml) formula or 3.25 % MF homogenized milk

Tips

- ♥ Look for baby foods that are pure fruit. Fruit desserts are not pure fruit and have lots of added sugar.
- ♥ Store-bought 'meat and vegetable' dinners are low in meat. Offer plain meat or combine jars yourself.
- ♥ Mashed, chopped, or small pieces of soft food are recommended.
- ♥ The vitamin C in fruits, vegetables and juices increases the absorption of iron from the cereal.



New Textures

Babies need to chew. Introduction of new textures encourages chewing, co-ordination and independence. Even without teeth, babies can chew and swallow lumpy, mashed or small pieces of soft foods.

6 months: pureed or strained foods

7-8 months: lumpy or mashed foods
Baby begins to hold/pick up some foods to eat.

9-12 months: mashed, grated or small pieces of soft foods

What About...

Snack Foods

- Snacks should be small so they do not take away your baby's appetite at meal times.
- Do not use sugary, salty or high fat snacks, or carbonated soft drinks.

Snack suggestions:

- 1/2 bagel or toast
- unsalted crackers
- pizza crust
- fresh or canned fruit packed in water or juice
- applesauce
- cooked vegetables
- plain yogurt or cottage cheese (3.25% MF or higher)

Beverages

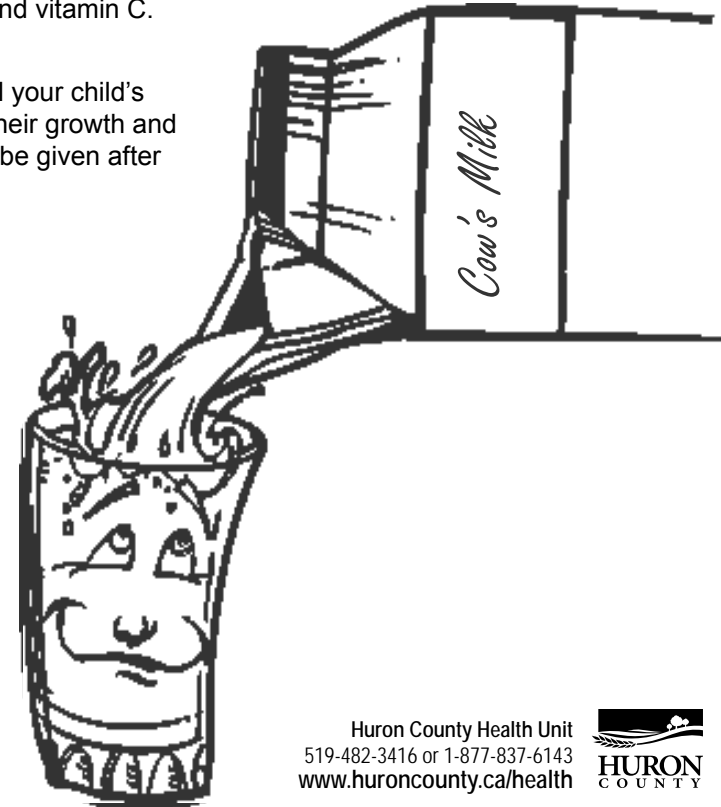
- To satisfy thirst in older babies, water is recommended.
- Small amounts of unsweetened fruit juice can be given, up to 125 ml (4 ounces) of diluted fruit juice a day. Read the label and look for 100% pure juice. Avoid products listed as punches, cocktails, drinks, blends, crystals or sport beverages, and unpasteurized cider. Fruit juice should not replace other important foods (breast milk, formulas, solids, etc.) that your baby needs to grow. Use small amounts of juice and offer at the end of a feeding. Use a cup. Juice is not encouraged until after 6 months.
- Herbal teas do not provide any of the essential nutrients your baby needs, and may not be safe.
- Between 9 and 12 months, you can add cow's milk to your baby's diet - as long as your baby has an adequate amount of solid food containing iron and vitamin C. Introduce in a cup.
- Homo (whole, 3.25% MF) milk is recommended until your child's second birthday. Babies need a higher fat diet for their growth and development. Lower fat milk (2%, 1% or skim) can be given after your child is two years old.

Joining the Family

- Babies like to eat the foods they see others eating.
- Babies can have soft table foods which are not too spicy. Mash, chop finely, or mince as needed.
- Older babies can have: rice and grains, pita, homemade milk puddings, pasta with cheese, tomato or meat sauce, casseroles, meat loaf, soups, stews, chili, pancakes, and fruit desserts like cobbler.

There are many benefits to eating together as a family. Start this practice early for your child and eat together as often as possible.

A Healthy Start - Feeding Your Baby



Huron County Health Unit
519-482-3416 or 1-877-837-6143
www.huroncounty.ca/health

