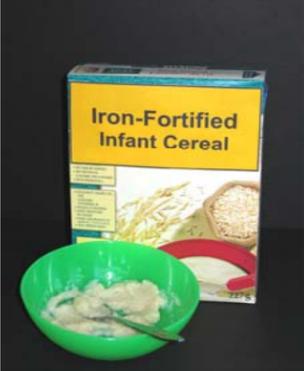
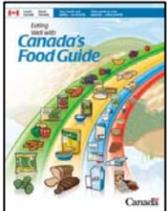


# Food for Baby's First Year

WHEN	WHAT		HOW & WHY		
<p><b>From Birth to 6 months</b></p> <p>Provide breast milk for the first two years and beyond</p> <p>Respond to your baby's cues</p>		 <p><b>Breast milk</b></p> <p><b>+</b></p> <p><b>Vitamin D</b></p> <p><b>Provide a daily Vitamin D supplement of 10µg (400 IU) from birth to 24 months of age if baby receives breast milk</b></p>	<ul style="list-style-type: none"> <li>Breast milk is the only food that your baby needs for the first 6 months. It provides just the right amount and type of nutrients.</li> <li>Breast milk helps protect your baby from infection and disease.</li> <li>Vitamin D helps build strong bones and teeth.</li> <li>If baby is hungrier at any time before 6 months, baby may be having a growth spurt. Extra breast milk will meet baby's needs.</li> </ul>		
<p><b>At about 6 months</b></p> <p>Start iron-rich solids when your baby:</p> <ul style="list-style-type: none"> <li>Can sit and lean forward and backward</li> <li>Holds head up and turns towards/away from food</li> <li>Follows food with eyes</li> <li>Opens mouth wide when offered food.</li> </ul>		<p><b>Offer iron-rich foods</b> such as beef, lamb, game, poultry, fish, meat alternatives (cooked whole egg, tofu, well-cooked legumes such as beans and lentils) and iron-fortified infant cereal.</p> <p>Provide a variety of soft textures (lumpy, tender-cooked and finely minced, puréed, mashed or ground) and finger foods.</p>	 <ul style="list-style-type: none"> <li>Baby needs iron and extra energy from solids.</li> <li>Baby can handle a variety of textures.</li> <li>Baby learns to move food to back of the mouth with tongue and swallow.</li> <li>Keep feeding positive. Do not force baby to eat.</li> <li>Increase iron-rich foods until offered: <ul style="list-style-type: none"> <li>Two or more times each day from 6-12 months</li> <li>At every meal from 12-24 months</li> </ul> </li> </ul> <p><b>Continue with iron-rich foods as you introduce other new foods. If baby refuses iron-rich foods, discuss an iron supplement with your doctor.</b></p>		
<p><b>6 to 8 months</b></p> <ul style="list-style-type: none"> <li>Mom decides whether to offer breast milk or a solid food first</li> <li>New foods can be given in any order</li> <li>Increase texture and variety of foods responding to baby's cues</li> </ul> <p>6-8 months: Offer solid foods at 2-3 meals and 1-2 snacks</p>	 <p>Offer soft-cooked vegetables (grated, mashed, pureed or soft pieces): squash, sweet potato, peas, carrots, broccoli, etc.</p>	 <p>Offer soft ripe fruit or small pieces of soft-cooked fruit: banana, apple, pear, peach, melon, etc.</p>	 <p>Offer milk products: yogurt, cottage cheese, grated/ small pieces of cheese.</p>	 <p>Offer finger foods: ground or minced cooked meat, fish or poultry; bread crusts or toast strips; pasta</p>	<ul style="list-style-type: none"> <li>Offer a <b>variety</b> of foods to introduce new flavours, textures and important nutrients.</li> <li>Vitamin C from vegetables &amp; fruit helps baby absorb iron from cereal and meat alternatives.</li> <li>Offer single-grain cereals such as rice and barley before trying mixed-grains or cereals containing milk products.</li> <li>Baby can sip small amounts of water from an open cup.</li> <li><b>If you offer juice, limit the amount to 125-175 mL (4-6 oz.) of 100% fruit or vegetable juice per day. Do not offer sweetened beverages.</b></li> <li>Allow baby to self-feed with fingers or a spoon.</li> <li>Ensure that lumpy textures are offered by 9 months.</li> </ul>
<p><b>9 to 12 months</b></p> <p>9-11 months: Offer 3 meals and 1-2 snacks</p> <p>12-24 months: Offer regular meals and snacks every 2½ to 3 hours</p>	 <p>If you offer cow milk, serve homogenized 3.25% M.F. milk in an open cup</p>	 <p>Offer a variety of foods from Canada's Food Guide</p>	 <p>Provide healthy fats: soft margarine, nut or seed butters, vegetable oils, fatty fish and avocado</p>	 <p>Include baby in family meals</p>	<ul style="list-style-type: none"> <li>Wait until 9 to 12 months before offering fluid cow milk. Cow milk is low in iron.</li> <li>Healthy, higher fat foods are an important source of energy for your child.</li> <li>Honey could make your baby sick. Do not offer honey or foods that contain honey until baby is 1 year of age.</li> <li>Be a good role model for your child.</li> </ul>

## How can I feed my baby safely?

- ✓ **Always watch your baby eat.** Baby should sit to eat. Let your baby focus on eating without distractions like TV.
- ✓ **Common food allergens** include: milk, egg, peanut, tree nuts, soy, wheat, mustard, sulphites, fish and shellfish. Introduce these foods at 6 months, one at a time, 2 days apart. Introduce these foods early and serve often. Delaying will not prevent an allergy.
- ✓ If an allergic reaction (diarrhea, rash, itchy skin, swelling or difficulty breathing) occurs, seek medical attention.
- ✓ If your baby refuses a new food, that's OK. Throw the food away and try again in a few days. Do not force your baby to eat. Be patient. It can take many tries before a baby accepts a new food.
- ✓ **Prevent food poisoning.** Cook all meat, eggs, poultry, and fish well. Do not use products with raw eggs. Do not give unpasteurized milk, milk products or juice to your baby.
- ✓ **Reduce the risk of choking** by not feeding whole nuts, popcorn, gummy candies, marshmallows, hard candy or fish with bones. To protect your baby: cut round foods such as hot dogs in thin strips; remove pits from fruit; cook hard vegetables and fruit until soft; spread sticky foods such as nut butters thinly on a cracker or toast, not soft bread.
- ✓ Give your baby food without added salt, sugar, honey or other sweeteners.
- ✓ Do not give your baby herbal teas, sports drinks or other drinks with caffeine or sweeteners.



## Why use an open cup?

An open cup:

- Reduces the risk of dental cavities
- Helps baby avoid getting too many calories
- Promotes mature drinking skills

At first, baby will need your help but baby will quickly learn to hold the cup, get it in the right position for sipping and to adjust the pace. Begin with water because it is easy to clean up.

## How much should my baby eat?

**Your baby knows best how much to eat.** Watch for signs from your baby. Stop when your baby turns her head away or closes her lips to show she has had enough food.

During the first year, it is important to feed your baby when he wants to eat. Offer food when he is wide awake and calm, before he starts to cry from hunger. Allow him to eat at his own pace.

## Sample Menu for a 7 month old baby

Offer more or less food, responding to your baby's cues.

**Early Morning** - breast milk on cue and throughout the day when baby is hungry

### Morning

Breast milk  
Iron-fortified infant cereal  
Mashed/small pieces ripe banana

### Snack

Whole grain toast cut into narrow strips  
spread with a very thin layer of peanut butter

### Mid-day

Breast milk  
Iron-fortified infant cereal  
Scrambled egg  
Cooked (mashed if preferred) peas or another vegetable

### Snack

Unsweetened applesauce or another fruit

### Early evening

Breast milk  
Ground or finely minced beef or other meat  
Soft cooked vegetable such as winter squash

**Evening and Nighttime** - breast milk on cue

### For more information:

Canadian Paediatric Society:

[http://www.caringforkids.cps.ca/handouts/feeding\\_your\\_baby\\_in\\_the\\_first\\_year](http://www.caringforkids.cps.ca/handouts/feeding_your_baby_in_the_first_year)

Government of Canada:

<http://www.healthycanadians.gc.ca/kids-enfants/infant-care-soins-bebe/nutrition-alimentation-eng.php#a3>



Health Connections (905) 546-3550



[www.hamilton.ca/nutrition](http://www.hamilton.ca/nutrition)



[www.facebook.com/healthyfamilieshamilton](https://www.facebook.com/healthyfamilieshamilton)



Hamilton

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Baby progresses from liquid to soft foods and finger foods by 1 year of age.

Respond to your baby's cues.