



Before You Feed Your Baby Solid Foods

Before 6 months

- Until about 6 months of age, your baby gets all the nutrition they need from breast milk and a liquid vitamin D supplement.
- If your baby is not exclusively fed breast milk, they need a store-bought infant formula.

Wait until about 6 months to offer solids

- Your baby needs to be old enough to safely manage solid foods. For most babies, this is around 6 months of age.
- Your baby needs a high fat diet for their fast brain growth. Breast milk (or store-bought infant formula) is high in fat. Foods such as vegetables, fruits and infant cereals are low in fat, and feeding them too early lowers the fat content of your baby's diet.
- Feeding solids early has not been shown to help babies sleep through the night sooner.



Before offering solids, your baby should be able to:

- sit up, alone or with minimal support,
- have good head and neck control,
- open their mouth for food,
- close their mouth over a spoon, and
- turn their head away, or close their mouth, to show that they don't want any more food.

At this age, your baby may still stick out their tongue when eating or have a strong gag reflex. This will decrease with time.



Start solids at about 6 months

- At about 6 months, your baby needs more nutrients, especially iron. Iron is important for your baby's brain and body to grow well.
- Start by offering iron-rich foods two or more times per day. Try minced meat, mashed chickpeas, or infant cereal. To learn more, see [Feeding Babies Age 6-12 Months](#) (Northern Health).
- At about 6 months, you can also start to offer common food allergens that your family enjoys. Try safe textures of peanut, egg, or yogurt. To learn more, see [Reducing Risk of Food Allergy in Your Baby](#) (HealthLink BC).
- At first, your baby may not eat much solid foods. Keep offering. At their own pace, they will learn to eat a variety of family foods.
- Breast milk (or store-bought infant formula) continues to be an important part of your baby's diet.

To speak with a Registered Dietitian at HealthLinkBC, call 811 (or 604-215-8110).



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