

Feeding Your Baby

(6 to 12 months)



Make your baby's first solid foods rich in iron

- Wait until your baby is around six months old before offering any solid food.
- Your baby may not need pureed foods. Start with well-cooked minced or shredded meats, meat alternatives (such as cooked, mashed beans or lentils), eggs and iron-fortified infant cereals.
- Once your baby is eating these iron rich foods every day, then try vegetables, fruit, and whole grains.
- When you give a non-meat source of iron, also give a vitamin C rich food. Vitamin C rich foods include oranges, tomatoes, and broccoli. For example, serve whole grain macaroni with tomato sauce.



Your baby still needs breastmilk (or store bought infant formula) even when he starts eating solid foods rich in iron. Wait until he is at least 9 to 12 months old before introducing other milk.

Follow your baby's hunger and fullness cues

- Your baby knows when she is hungry and full. Follow these signs as you are feeding her:
 - Your baby may show you she is hungry by opening her mouth for the spoon or reaching for more food.
 - She may show you she is full by turning her head away, closing her mouth or pushing food away. This may be after one spoonful, or a bowlful.
- Let your baby decide how much to eat.



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Sample meals for families with babies

- Your baby is ready to eat with your family. Offer a variety of solid foods three to four times a day from each of the food groups (www.healthcanada.gc.ca/foodguide).
- Continue to breastfeed or provide formula throughout the day whenever your baby is hungry.

Here is an example of what a day might look like when feeding your baby at eight and eleven months old.

Eight months old

Breakfast:

- Small piece of egg.
- Iron fortified infant cereal
- Small pieces of fresh or thawed strawberries
- Water in a lidless cup



Lunch

- Shredded, well cooked chicken
- Small pieces of macaroni
- Cooked and mashed carrots
- Applesauce or shredded apple
- Water in a lidless cup



Supper:

- Minced meat with brown rice and peas
- Fresh or thawed blueberries
- Water in a lidless cup



Eleven months old

Breakfast:

- Scrambled eggs
- Whole grain toast with butter or non-hydrogenated margarine
- Small pieces of pear
- Homo milk in a lidless cup



Snack:

- Whole wheat crackers
- Pieces of peeled orange



Lunch:

- Whole wheat spaghetti cut in small pieces with meat sauce
- Steamed broccoli pieces
- Small pieces of peeled apple
- Homo milk in a lidless cup



Supper:

- Salmon with bones removed
- Cooked and finely chopped kale
- Rice
- Small pieces of peeled oranges
- Homo milk in a lidless cup



- Limit foods high in sodium and sugar (dried noodle mixes, canned pasta in sauce, canned fruit in syrup).
- Do not give your baby pop, powdered drink mixes, fruit punch, candy, and caffeine.
- Prevent choking. Do not give your baby small, hard, round foods like whole nuts, seeds, raisins, popcorn, hard candies and gum. Some foods (such as grapes, hot dogs) can be made safe by cutting them in half length-wise first and then into small pieces.

FIND OUT MORE Call 8-1-1 and ask to speak with a registered dietitian at HealthLinkBC or email www.HealthLinkBC.ca/dietitian/ead/disclaimer.stm
Contact a certified exercise physiologist at: www.physicalactivityline.com

For more information, visit:
Healthy Families BC www.healthyfamiliesbc.ca
Dietitians of Canada www.dietitians.ca
Health Canada www.healthycanadians.ca/eatwell



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PEN APPROVED

This resource is PEN approved until March 2016.

