
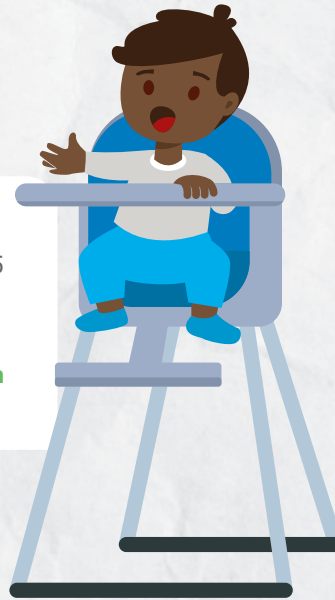


# Baby's First Foods

## MY BABY WILL BE READY TO EAT WHEN HE OR SHE :

- shows signs of good head control, and
  - is able to sit up in their chair, without assistance, for 15 to 20 min.
-  **Every baby is unique. For most babies, these signs appear around the age of 6 months. For others, they can appear earlier.**



## WHAT FOODS TO OFFER MY BABY?

At around 6 months, your baby's iron reserves are low.

-  **Health Canada therefore recommends to start by offering iron-rich foods to prevent anemia. Continue to offer these foods at least 2 times per day. Here are some examples:**



- **Meat**  
Meat: Pork, beef, etc.
- **Poultry**
- **Fish**



- **Legumes:**
  - Chickpeas,
  - beans,
  - lentils, etc.



- **Iron-fortified baby cereals**

-  **As soon as your baby starts to eat, offer them foods of different textures. This contributes to their good development.**

Here are some examples of textures for a baby who is starting to eat:

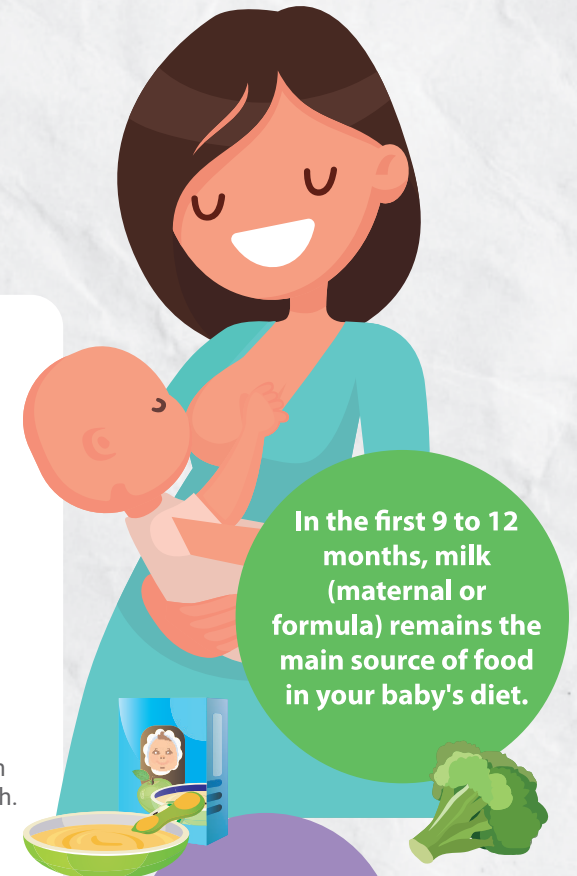
- Smooth mash
- Fork-mashed foods
- Chunky puree (e.g. omelette)

After 6 months:

- Large pieces, tender, finger-size

Do not be afraid to offer various textures. Your baby has a protective reflex (gag reflex) which allows them to push the big pieces forward when they go too far in their mouth.

ALIMA PRÉSENTE  
nourrir  
la vie



**In the first 9 to 12 months, milk (maternal or formula) remains the main source of food in your baby's diet.**



### **AVOID**

To reduce the risk of choking, make sure that your baby is sitting in their chair (at a 90-degree angle). Avoid sources of distraction such as television, phone, tablets, toys, etc. Furthermore, avoid force-feeding your baby, along with offering them hard, round or sticky foods.

For more tools, visit  
[www.centrealima.ca](http://www.centrealima.ca)

## QUANTITY AND FREQUENCY

- Start offering two iron-rich meals per day and increase little by little to three meals, just like the rest of the family.
- Respect your baby's appetite, do not force them to eat.
- Let your baby eat by themselves. Let them touch, feel and play with food.
- Eat as a family, make room for your baby at the table.



 Parents choose the quality, baby decides the quantity.

## PRACTICAL COOKING TIPS

- When cooking, use staple foods.
- When preparing meals for your baby, do not add sugar nor salt (up to 12 months). Herbs and spices in small quantities can be used.
- Different cooking methods may be used: steaming, baking, microwaving, etc.
- For the preservation of prepared foods, refer to the guide From Tiny Tot to Toddler.

## VARIETY

When babies start to eat, they are more open to try new flavours and textures. Take advantage of this window of opportunity.

### MEAT AND SUBSTITUTES (RICH IN IRON)

#### Meat / Poultry / Fish

- a Lamb
- a Beef
- a Liver (max. 30 ml)
- a Turkey
- a **Egg**
- a Chicken
- a Pork
- a Veal
- a **Fish**

#### Other legumes and nuts

- a **Peanut butter**
- a **Nut butter**
- a **Edamame / soy**
- a White beans
- a Black beans
- a Red beans
- a Lentils
- a Chickpeas
- a **Tofu**

a \_\_\_\_\_

### GRAIN PRODUCTS

#### Iron-fortified baby cereals

- a Oats
- a **Wheat**
- a Mixed
- a Barley
- a Rice

a \_\_\_\_\_

#### Other grains (not iron-fortified)

- a Oats
- a Couscous
- a Millet
- a Barley
- a Bread
- a Rice
- a Pasta
- a Quinoa

a \_\_\_\_\_

### FRUITS AND VEGETABLES

#### Vegetables

- a Asparagus
- a Broccoli
- a Carrot
- a Mushroom
- a Cauliflower
- a Squash
- a Spinach
- a Corn
- a Turnip
- a Sweet potato
- a Green peas
- a Pepper

a \_\_\_\_\_

a \_\_\_\_\_

a \_\_\_\_\_

#### Fruits

- a Apricot
- a Banana
- a Cherries
- a Clementine
- a Strawberries
- a Mango
- a Melon
- a Orange
- a Apple
- a Pear
- a Plum

a \_\_\_\_\_

a \_\_\_\_\_

a \_\_\_\_\_



### MILK AND SUBSTITUTES

- a **Cheese**
- a **Yogurt**
- a **Cow's milk (not before 9 months)**
- a **Fortified soy beverages (not before 9 months)**

a \_\_\_\_\_

### OTHERS

- a **Sesame**
- a **Mustard**

Use this list to take note of introduced foods. Add traditional or cultural foods to the list along with your favourite foods.



**Foods in red** are the most common allergens. They must be given to your baby as soon as they start to eat. Offer them one at a time, and wait 2 to 3 days to check if any allergic reactions appear.

