



Menu ideas for my first foods

Trust Me, Trust My Tummy

Start with iron-rich foods

- Iron-fortified infant cereals
 - wheat*, rice, oat, barley, etc.
- Legumes (e.g., lentils, dhal, dried peas and beans)
- Chicken, turkey, beef, veal, pork, lamb, goat, wild game
- Low-mercury fish*
- Pieces of tofu*
- Egg*

* Foods that are more likely to cause an allergic reaction need to be introduced 2 days apart.

Around 6 months of age, I'm ready for solid foods when I consistently show the signs of readiness.

- I don't need salt or sugar added to my foods
- Don't give me honey, because it can cause infant botulism (food poisoning)
- Offer me a variety of different textures of foods including
 - pureed
 - lumpy
 - minced
 - soft, small finger foods



Pieces of tofu

Offer me **healthy foods** from our family's meal, but make sure the texture is safe for me.



Pureed chicken



Lumpy lentils



Scrambled egg



Minced turkey

- The first time you offer me solid foods, start with 1 to 2 teaspoons and offer them early in the day
- As I learn to eat, slowly increase the variety of solid foods and how often they are offered to me
- Keep my feeding times flexible according to my hunger and fullness cues
- When I'm eating, always sit and talk with me
- Help me learn to drink from an open cup by offering me tap water when I get thirsty
- Encourage me to feed myself, but help me eat foods from a spoon
- Stay calm when I gag – gagging is a natural reflex that helps me avoid choking
- I still need breast milk and vitamin D supplement or formula when I start solid foods
- To help me get the iron I need, serve me iron-rich foods:
 - at least 2 times a day
 - with vitamin C-rich foods (e.g., fruits and vegetables)
 - in various ways (e.g., muffins made with iron-fortified infant cereals)

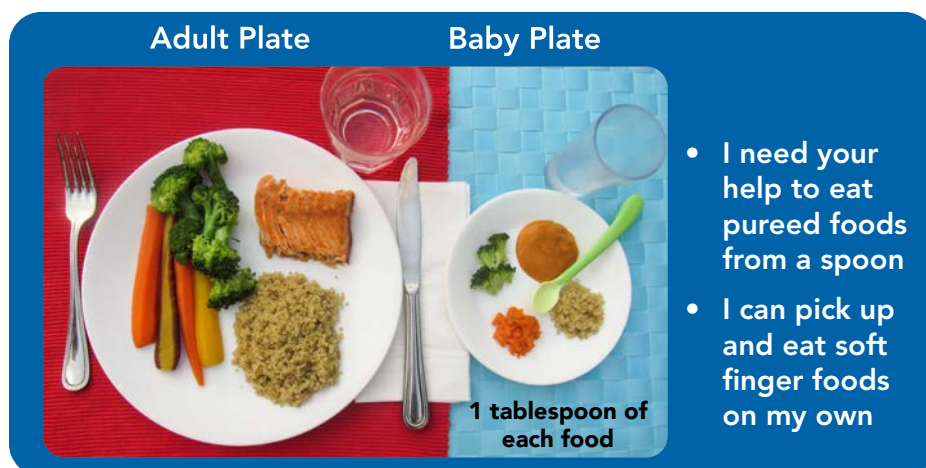
Menu ideas for my first year

Offer me food according to my hunger and fullness cues. Trust me to eat the amount that's right for me.

You can breastfeed me or offer me formula before or after I eat solid foods.
If I have too much to drink, I may not be hungry.
Once I am 9 to 12 months old and eating a variety of iron-rich foods, I can start drinking whole milk from an open cup.

| Time of Day | 6 months to 8 months | 9 months to 12 months |
|------------------------------|---|--|
| Morning Feeding | <ul style="list-style-type: none"> Iron-fortified infant wheat* cereal Pureed or mashed soft fruit | <ul style="list-style-type: none"> Scrambled egg*, whole wheat* toast strips Chopped mango topped with yogurt* or dahi* |
| Snack | <ul style="list-style-type: none"> Mushy lentils or dhal Yogurt* or dahi* | <ul style="list-style-type: none"> Pancakes made with iron-fortified infant cereal Small pieces of soft banana |
| Midday Feeding | <ul style="list-style-type: none"> Mashed, minced or chopped hard-boiled egg* or scrambled egg* Pureed, mashed, diced or chopped cooked carrots or squash Soft broccoli flowerets Mashed potatoes, mushy rice, quinoa, couscous or small soft pasta | <ul style="list-style-type: none"> Cooked lentils or dhal Rice, pasta, quinoa, couscous or pieces of roti Iron-fortified infant cereal with whole milk* Well-cooked broccoli flowerets or green peas Soft pieces of sweet potatoes, squash or carrots Whole milk* from an open cup |
| Snack | <ul style="list-style-type: none"> Iron-fortified infant barley cereal Small pieces of soft tofu* or paneer* Pureed, mashed, diced or chopped cooked mixed vegetables Tap water from an open cup | <ul style="list-style-type: none"> Biscuit made with iron-fortified infant cereal Hummus*, black bean dip or smooth peanut* butter spread lightly on whole wheat* pita, toast, biscuit or roti that is cut into small strips Well-cooked cauliflower flowerets |
| Early Evening Feeding | <ul style="list-style-type: none"> Pureed, ground or finely-minced meat, poultry, low-mercury fish*, lentils, mashed beans or chickpeas Mashed sweet potatoes mixed with iron-fortified infant cereal Pureed or chopped cooked spinach | <ul style="list-style-type: none"> Mixed dish: ground beef, chicken or lentils cooked with small pieces of vegetables and pasta, rice or quinoa Minced or chopped peaches or seedless grapes, or shredded apples Whole milk* from an open cup |

* Foods that are more likely to cause an allergic reaction need to be introduced early in the day and two days apart.



- I need your help to eat pureed foods from a spoon
- I can pick up and eat soft finger foods on my own

To learn more about the signs of readiness for solids and the introduction of solid foods,

contact a **Public Health Nurse** at:
905-799-7700
(Caledon 905-584-2216)
peelregion.ca

Peel Region
working with you

Available resources include the *I'm Ready for Solids* parent handout.