

Introducing food to your baby



Around 4-6 months

- Shows an interest in food
- Baby can hold food in their mouth (tongue thrust reflex disappears)
- Baby can sit up and control head independently



Around 9-12 months

- Interest in self-feeding begins
- Baby develops pincer grasp, which allows them to pick up foods on their own



1 year +

TEXTURES



Puréed or mashed



- Smooth, lump-free texture
- Start with a thin purée, gradually thicken
- Use infant cereal to thicken, breast milk or formula to thin



infant cereal



smooth applesauce



sweet potato mash



Minced



- Lumpy, finely chopped foods
- Helps teach baby about chewing and co-ordinating tongue movement



cottage cheese



soft moist ground meat



small pasta (pastina, stars)



Chopped



- Thicker, coarser texture of food
- Ideal when teeth start coming in, but many babies can manage with their gums
- Baby can use pincer grasp to pick up food



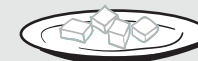
pieces of toast



elbow macaroni



cheese cubes



There is no specific order to introduce new foods. Foods should be prepared in a way that is appropriate for your baby's chewing ability.

FOODS TO TRY

Iron-rich foods

Start with foods that have a high iron content.



infant cereal (iron-fortified)



poultry



meat



fish



beans, lentils (well-cooked)

Allergenic foods



egg



peanuts

Vegetables & fruit



vegetables



fruit

Foods with more texture



hard cheese



pasta (well-cooked)



crackers



whole grain bread



hard-boiled egg



cottage cheese



dry cereal

Pasteurized milk

Whole milk can be introduced at around 1 year. Offer solid food at each meal before milk. Don't exceed 16 oz. per day.



whole milk (3.25%)



soy milk

New foods should be introduced one at a time.

Introducing allergenic foods early may prevent peanut and egg allergy in infants who are already at a higher risk of developing an allergy.



Avoid added salt and sugar when preparing your own baby food.



Follow your baby's cues! Offer healthy food until baby communicates they are full.

It is important to introduce peanuts to your baby before their first birthday.

Babies shouldn't eat honey until at least 1 year because of the risk of botulism.





Allergenic foods should be introduced to your baby one at a time. If your baby seems to be tolerating an allergenic food, keep offering it to them a few times per week to maintain their tolerance.

What can an allergic reaction look like?

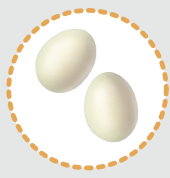
- itchy mouth and throat
- hives
- swelling of the face
- breathing problems
- vomiting or diarrhea

If your baby has a reaction, see your primary health-care provider about next steps.

Most common food allergies



cow's milk



eggs



peanuts



tree nuts



fish



seafood

Not as common



sesame seeds



soy



wheat

Introducing allergenic foods early (4-6 months) may prevent peanut and egg allergy in infants who are already at a higher risk* of developing an allergy.

It is important to introduce peanuts to your baby before their first birthday, regardless of a family history of allergies.



**If either parent or a sibling has an allergic condition (such as eczema, food allergy, asthma or environmental allergies) or if your baby has severe eczema, your baby is at a higher risk of developing a food allergy.*