Healthy Habits for Every Day

REMEMBER...
Eat together as a family.

You decide:
- What healthy foods to offer.
- When to offer meals and snacks.
- Where your child will eat.

Your child decides:
- Which foods to eat from what is offered.
- How much to eat.
- Your baby can show you when she is hungry by opening her mouth for a spoon. When full, she may shut her mouth, turn her head or push food away.
- It may take many tries before your baby accepts a new food.

Start healthy habits early:
- Eat without screens, toys, books and other distractions.
- Babies do not need juice. Give fruit instead.
- Your baby does not need added butter, margarine, salt, sweeteners (sugar, syrup).
- Do not give honey (or use in cooking) until baby is one year old.

Feeding Your Baby
What you need to know about starting solids.

Choking Hazards
Hard foods, small and round foods and smooth and sticky solid foods. Avoid for children under 4 years: hard candies or cough drops, gum, popcorn, marshmallows, whole nuts, seeds, fish with bones; hot dogs; snacks using toothpicks or skewers.

Every baby is different. Trust your baby to know how much to eat.

If no longer breastfeeding talk with your health care provider.

For more information contact Ottawa Public Health at 613-580-6744, healthsante@ottawa.ca or visit us online at OttawaPublicHealth.ca

For more information on infant feeding visit unlockfood.ca and beststart.org

Want to speak with a Registered Dietitian? Call Telehealth Ontario and ask to speak with a Registered Dietitian. Available Monday-Friday, 9am-5pm at 1-866-797-000 (TTY: 1-866-797-0007)
Six Months: Time for Iron-rich Foods

When your baby can...sit up in high chair, hold head up, lean forward, follow food with eyes.
- Breastfeed and give a daily vitamin D supplement of 400 I.U.
- Your baby is ready for soft, lumpy, tender, cooked food. Purée is not necessary.
- When any new food is started, watch for signs of allergic reaction.
- Use a spoon. Give 1 teaspoon or less and slowly give more.
- Start with one a day in the morning and then 2 times/day.
- Give both meat (and alternatives) and infant cereal as first solid foods.
- Start finger food like soft fruit (banana, mango), toast crust, shredded cheese, scrambled egg.

Continue to breastfeed when you start solids, for up to two years and beyond.

Meat and Alternatives:
- Cooked, mashed, finely minced or scrambled beef, pork, chicken, fish, legumes, eggs and tofu.

Grain Products:
- Single grain iron-fortified infant cereal (rice, barley, oatmeal). Start by giving cereal mixed with lots of liquid (water or expressed breast milk) and slowly use less liquid.

Vegetables and Fruit:
- Any cooked and finely mashed vegetable or fruit or soft raw like pears, bananas or peaches.

Milk and Alternatives:
- Shredded cheese, full fat yogurt, cottage and ricotta cheese (at least 2% M.F.).

Common food allergens such as peanut, fish, wheat, milk products, soy and whole eggs can be given from six months of age. When starting these foods, give only one per day and wait two days before starting another common food allergen.

Seven-Eight Months: Time for More Texture

When your baby can... bite off food, pick up food with fingers, drink from open cup but will spill.
- Breastfeed and give a daily vitamin D supplement of 400 I.U.
- Small, bite-sized finger foods like cooked ground meat, fish, egg, noodles, rice, toast, any soft vegetable or fruit, cheese.
- Offer food 2-3 times/day.

Gagging is a natural reflex that helps older infants avoid choking.

Meat and Alternatives:
- Continue with iron-rich meats, eggs and legumes, semi-solid or minced.
- Start giving a thin spread of nut butter on bite-sized toast.

Grain Products:
- Start mixed grain infant cereals.
- Whole grain rice, pasta, dry cereals, dry toast.

Vegetables and Fruit:
- Offer pieces of any cooked vegetable or soft, raw vegetable or fruit.

Milk and Alternatives:
- Continue with yogurt, cottage, ricotta cheese.
- Small pieces of cheese.
- Give water in an open cup.

Nine-Twelve Months: Time to Chew

When your baby can... chew, pick up food and put into mouth, control food in mouth, hold spoon, cup.
- Breastfeed and give a daily vitamin D supplement of 400 I.U.
- Serve family food that is grated, finely chopped, in pieces or strips.
- Offer food 3-4 times/day.

Meat and Alternatives:
- Any that your baby can feed themselves by finger or spoon.

Grain Products:
- Give small pieces whole grain bread, rice, couscous, pita, pasta.

Vegetables and Fruit:
- Any soft vegetable or fruit, cooked or raw.

Milk and Alternatives:
- Slowly start whole cow’s milk, once wide variety of foods are being eaten.
- Offer milk or breastmilk after food.
- Offer water and milk in an open cup.