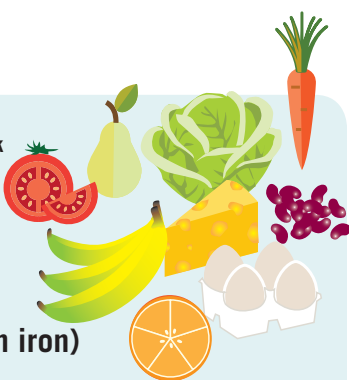


Foods to introduce from 6 months to 1 year

Use this list to check off each new food given to your baby, which have not caused an allergic reaction.



1. Meat and alternatives (rich in iron)

Meat/poultry/fish

- | | | |
|----------------------------------|-------------------------------|--|
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Beef | <input type="checkbox"/> Liver (max. 30 ml per week) |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Eggs | <input type="checkbox"/> Pork |
| <input type="checkbox"/> Turkey | <input type="checkbox"/> Veal | <input type="checkbox"/> Salmon |
| | | <input type="checkbox"/> Other _____ |

Nuts and legumes

- | | | | |
|--------------------------------------|--|---|----------------------------------|
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Edamame/soy | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Nut butter | <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Red kidney beans | |
| <input type="checkbox"/> White beans | <input type="checkbox"/> Tofu | <input type="checkbox"/> Other _____ | |

2. Grain products

Iron-rich baby cereal

- | | | | |
|---------------------------------|--------------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Mixed | <input type="checkbox"/> Oat | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Wheat | <input type="checkbox"/> Other _____ | | |

Other grains (not enriched in iron)

- | | | | |
|--------------------------------------|---------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Barley | <input type="checkbox"/> Couscous | <input type="checkbox"/> Millet |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Pasta | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Rice |
| <input type="checkbox"/> Other _____ | | | |

3. Fruits and vegetables

Vegetables

- | | | | |
|---|---------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Beets | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Brussel sprout | <input type="checkbox"/> Carrot | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Green bean | <input type="checkbox"/> Onion | <input type="checkbox"/> Green bean |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> Potato | <input type="checkbox"/> Peas | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Tomato | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Yellow beans | <input type="checkbox"/> Other _____ | |

Fruits

- | | | | |
|-------------------------------------|--------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Apple | <input type="checkbox"/> Avocado | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Cherry | <input type="checkbox"/> Clementine |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Grape | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Melon | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Orange | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Plum | <input type="checkbox"/> Prune | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Other _____ | | |

4. Milk and alternatives

- | | | |
|--------------------------------------|---|---------------------------------|
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Cow's milk (not before 9 months) | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Other _____ | | |

Practical tips



- Let your baby play with, smell, and touch food.
- Let your baby try and feed himself, this is an important learning experience!
- Make place for the baby at the table so that he can eat with the family during meals.



- Wanting to freeze the puree's? Make them thicker. As it thaw, they will become more liquid.
- The puree is too liquid? Add a small amount of baby cereal!

Key messages

Be patient at meal times, your baby is learning.

The parent chooses the quality, while the baby chooses the quantity.

- Prepare purees in large quantities, and conserve them in the freezer. This will save you time and money.
- Identify your bags of frozen puree with the date and the name of the puree. You will avoid passing the best before date, or thaw the wrong food.



2182, av. Lincoln, Montréal (Québec) H3H 1J3
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Infant of 6 months to 1 year

INTRODUCTION TO COMPLEMENTARY FOODS

Baby is ready to eat?



Signs:

- He is about 6 months.
- He stays sitting in his high chair without support.
- He controls his head well and can visibly refuse by shaking or nodding his head.
- He can catch food and bring it to his mouth.

All these signs must be present simultaneously.

During the first six months of life, the only food that your baby needs is maternal milk or infant formula.

Your baby may also present other signs. For example:

- He shows an interest in food.
- He looks at you chewing.

This behaviour is not essential to start introducing solid food.

Why around 6 months?

Around 6 months, the baby's iron reserves are exhausted.

You must give foods high in iron to prevent anemia.



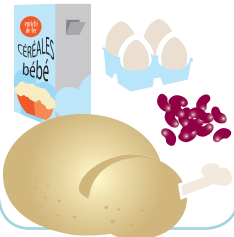
Order of introducing food groups

Health Canada recommends introducing meat, meat alternatives, and iron-enriched cereal first.

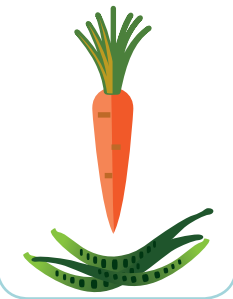
From 6 to 9 months



1 Meats, alternatives, and iron-enriched baby cereal



2 Vegetables



3 Fruits



Offer different textures from the start

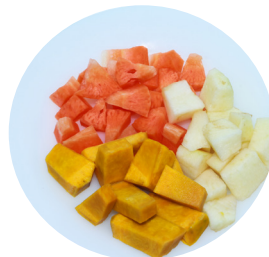
During the first months, your baby can and should experiment many textures. The objective is that at 1 year old, he can eat the same meals and food textures as the rest of the family.



Smooth purée



Food mashed with a fork



Food in pieces

Quantity and frequency

Do not worry if your baby only takes small quantities in the beginning. Baby has a small stomach and will increase quantities progressively by himself. As a parent, your role is to choose the quality of the foods.

Key messages

The parent chooses the quality, the baby chooses the quantity.

Respect baby's appetite.

Continue to feed your baby as long as he wants more.

Do not force baby to eat.

How to know if baby has eaten enough?

- He refuses to open his mouth.
- He pushes his spoon far from his mouth.
- He turns his head opposite to the food.
- He stops feeding himself.



Preventing food allergies

- Introduce new foods one at a time.
- Wait 2-3 days after introducing one food to introduce another.
- **Pay attention to signs of an allergic reaction**
Mild signs: redness, skin rash, eye itching, sneezing and runny nose, digestive discomfort, diarrhea.
Severe signs: swelling, vomiting, blood in the stools, cough, respiratory distress.
If there are allergies in the family, continue to breastfeed to reduce the risk of allergies.

NOTE: it is not necessary to delay the introduction of potent allergens, such as eggs, soy, fish and nuts.

Preparing homemade purees

CAUTION!
Do not add salt, nor sugar, nor oil, nor spices to purees. This can harm the baby and hide the real taste of food.

Buying and preparation

- Privilege fresh or fresh frozen foods.
- Wash, peel, and remove seeds and core from foods.

Cooking

To conserve the maximum of vitamins and minerals:

- Cook fruits and vegetables in a covered casserole with a small quantity of water until they are tender
- For meat, poultry, and fish (flesh without bones), cover them with water, and use the broth to puree them
- Conserve cooking water to liquefy the puree as needed.

Storage

Refrigerate or freeze puree and unused food in individual portions immediately.

Purees	Refrigerator	Freezer
Vegetables and fruits	3 days	6 months
Meat, poultry, fish and eggs	2 days	2 months

Freezing

1. Let the puree cool and pour into an ice bath or in a small mould.
2. Cover and freeze for 12 hours.
3. Unmould and transfer the cubes into freezing bags identified with the name of the food and the preparation date.
4. Unfreeze the purees in the refrigerator or heat directly in a bain-marie.

Meal time!

- Reheat purees with a bain-marie.
- ALWAYS verify the temperature of the puree before giving it to baby.
- Leftover puree that has come in contact with the baby's mouth should be discarded. It is for this reason that only small amounts of puree should be reheated at a time.