

# Introduce foods in this order

Wait 2-3 days in between new foods to see if baby has an allergic reaction

## 1. Baby cereals (around 6 months)

- Give baby cereals that have added **iron**.
- Mix baby cereal with breast milk or formula.
- Offer single grain baby cereal without fruit or flavour first: rice or barley. Offer oats baby cereals and mixed baby cereals later on.

## 2. Puréed vegetables (around 7 months)

- Start with puréed carrots, green or yellow beans, squash, corn and peas.
- Don't add salt, sugar, fat or spices to baby's food.
- Later on offer potatoes, sweet potatoes, broccoli, cauliflower and mixed vegetables.

## 3. Puréed fruits (around 8 months)

- Start with puréed apples, pears, apricots, peaches and bananas.
- Don't give Custard, Jell-O, Pudding, Tutti-Frutti and other desserts. They are **too sweet** for your baby.

## 4. Meat and fish (7-9 months) (broths can be given earlier)

- Start with puréed rabbit, moose, caribou, ptarmigan, goose, chicken, turkey, veal, beef and pork and their broths (spoon fat off broth).
- Later on, offer puréed fish (bones removed) and their broths.

Give animal brain, intestines, and fish eyes.

These foods are **not healthy for baby**: sausages, hot dogs, baloney, ham, Klik and canned meat - avoid them.

## 5. Cheese and yogurt (around 9 months)

- Give plain yogurt, cottage cheese, small pieces of mozzarella and cheddar.
- Do not give cow's milk until baby is one year old.

## 6. Cereal, bannock and bread (around 9 months)

- Give small amounts of whole wheat bread and bannock, dumplings, pasta and brown rice.
- Baby can try small amounts of unsweetened cereals with breast milk or formula as Nutrios "Toddlers", Cheerios.

## 7. Eggs

- Egg yolk (**yellow part**) can be offered when your baby is **around 7 to 9 months**. Prepare a hard-boiled egg so the yolk is easy to separate.
- Wait until your baby is **1 year old** before giving egg **white**, to avoid allergies.



CH-34

Version française disponible



# Feeding Your Baby

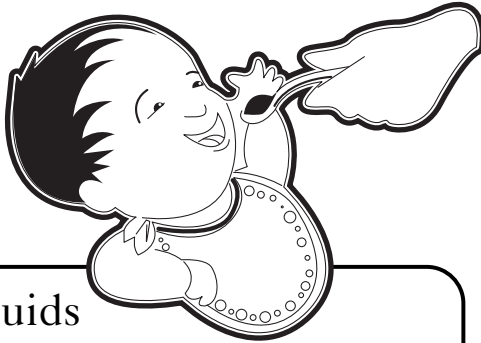
6 - 12 months Old



Conseil Cri de la santé et des services sociaux de la Baie James  
 Cree Board of Health and Social Services of James Bay

# Your baby is growing fast!

Help him grow active and strong by offering healthy foods.



## Liquids

► **Breast milk** is still the best food for baby. Continue breastfeeding as long as you both like.

► **Formula with iron** is the next best choice. Continue until baby is one year old.

► Any type of cow's milk is **not recommended** for babies under one year old. It can cause bleeding in the stomach and anemia (weak blood).

► Baby can also drink water.

## What about juice?

► Your baby **doesn't need juice**. Juice contains a lot of natural sugar. Babies who drink a lot of juice can become overweight. Fresh fruit is the healthy way for baby to get vitamins and fiber.

► If you want to offer some juice to your baby, give no more than **4 ounces a day** of 100% real fruit juice. Mix the juice with water to make it less sweet.

► Tomato and V-8 juice should not be given before 12 months.

## Solids

► At 6 months old, your baby needs more than just milk to continue growing healthy.

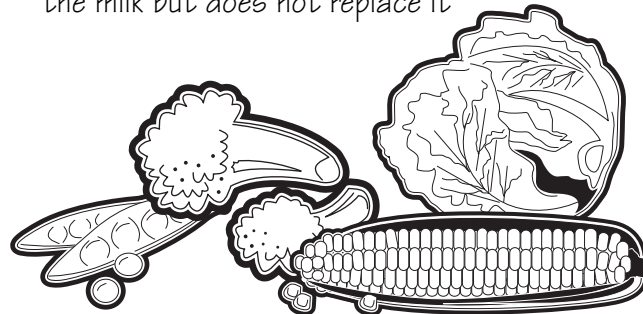
► Now baby is interested in food and his tastes are developing. He will show you that he is ready to try solid foods when he can sit up on his own, hold his head straight and open his mouth when he sees a spoon coming.

► Start with just one teaspoon of food. Let him touch the food and play with the spoon. Let him decide when to stop eating. You will know he is done when he turns his head away.

► As baby gets older he can start to eat foods with more lumps. Later on, offer him soft foods cut into small pieces.

## Golden rule:

At 6 months old, solid food complements the milk but does not replace it



# Homemade baby food

**Homemade baby food is great for lots of reasons!**

► You know what your baby is eating!

► It is a great way for your baby to try traditional foods such as puréed caribou or moose.

► It has a lot of taste. You can make it smooth or lumpy. Your baby will have an easy time when he starts to eat the same foods as you.

► It is much cheaper than jarred baby food.

► It is easy to learn how to make your own baby food.

► It can be made from fresh or frozen food.

► You can make 3 to 4 months worth of food in one afternoon, and store it in "ready-to-go" portions in the freezer.

