



Egg White

After 1 Year

- Wait until your baby turns one year old.
- Giving egg white before 1 year may increase your baby's risk of allergies.
- Belongs to the meat and alternatives group.
- Eggs are an excellent source of protein and cost less than some other foods in this food group.



Egg Yolk

At 6 months

- Start at 6 months.
- Belongs to the meat and alternatives group.
- Is a source of iron.
- Boil the egg until the yolk is hard.
Remove the yolk, mash with breast milk or iron-fortified formula.



Finger Foods

At 8 months

- Start when baby is able to self-feed with fingers or a spoon and independently drink from a cup or a bottle. This is generally around 7-8 months.
- By this age, many babies enjoy feeding themselves.
- Safer finger foods are soft and small (about the size of a cooked pea).
- Examples are: small pieces of peeled and seeded soft fruit or vegetable, small pieces of cooked macaroni, cheese cubes, and cooked meat and poultry.
- Never leave baby alone when eating.



Meat/Poultry

Start at 6 months

- Are sources of protein and iron.
- Baby needs solid foods that contain iron.
- Iron is needed for baby's growth and development, and to prevent iron-deficiency anemia.
- Remove fat, skin, bones and cook well.
- Cooking meats/poultry in water makes them softer and easier to mash.
- Some good meat/poultry choices are: beef, chicken, turkey, caribou, moose and seal meat.
- Canned and processed meats are very high in salt – do not give to your baby.



Fish

Start at 6 months

- Is a source of protein and iron.
- Baby needs solid foods that contain iron.
- Iron is needed for baby's growth and development, and to prevent iron-deficiency anemia.
- Remove bones and skin.
- Healthy fish choices are: char, salmon, trout and canned light tuna.
- Eating predatory-type fish (such as fresh tuna, shark and swordfish) and canned white (albacore) tuna can lead to over-exposure to mercury.
- Consult local, provincial or territorial governments for the latest advisories about eating fish.



Bread/Bannock

At 8 months

- Start as a finger food when baby is able to self-feed with fingers or a spoon and independently drink from a cup or a bottle.
- Give small soft pieces
- Try different types of bread (no nuts, seeds or raisins) so that your baby gets used to the taste.
- Whole grain bread such as 100% whole wheat bread is more nutritious than white bread.



Fruit

Start at 6 months

- Start at 6 months, once your baby is eating solid foods containing iron.
- Try as many types of fruit as possible – even ones you don't like (baby has different tastes).
- Fruits contain vitamin C. Vitamin C helps baby absorb iron.
- Let your baby learn about the natural taste of different foods - don't add sugar.
- Don't give up if your baby doesn't like a food the first time - try again on another day (it may take up to 15 tries before baby accepts a new food).



Vegetables

At 6 months

- Start at 6 months, once your baby is eating solid foods containing iron.
- Let your baby learn about the natural taste of different foods – don't add fat, sugar or salt to food.
- Vegetables and fruit add colour, texture, flavour and variety to your baby's diet.
- Don't give up if your baby doesn't like a food the first time – try again on another day (it may take up to 15 tries before baby accepts a new food).



**Unsweetened and
Diluted Juice**

At 6 months

- Limit juice to 2-4 oz (60-125 mL) per day. Giving too much juice can make your baby less hungry for other important foods and may cause diarrhea and anemia.
- Choose fruit more often than juice.
- If your baby is thirsty, give plain water in a cup.
- Give 100% real juice in a cup/glass not in a bottle or a sippy cup as it can rot teeth – even the ones that are not showing yet.



Yogurt

Between 9-12 months

- Give after 9 months.
- Is a good source of calcium.
Calcium is important for healthy bones and teeth.
- Choose plain, full-fat, unsweetened yogurt.
- Can mix unsweetened fruit into yogurt.



Cheese

Between 9-12 months

- Start after 9 months.
- Hard cheeses, like cheddar and mozzarella, are an excellent source of calcium. Calcium is important for healthy bones and teeth.
- Try a variety of cheeses like cheddar, mozzarella or cottage cheese.
- Hard cheeses can be grated or cut into thin slices to help prevent choking.
- Choose regular cheese (low-fat is not suggested until after 2 years of age).



Breastfeeding

Breastfeeding

- Is the best choice for you and your baby.
- Breast milk is the only food your baby needs for the first 6 months of life and can be continued until your baby is 2 years old or more.
- Is the healthiest food for your baby.
- Saves time and money.
- Breast-fed babies need a daily supplement of vitamin D drops to build strong bones and teeth. Talk to your CHR, CHW or nurse about vitamin D drops.
- It is important to choose foods according to Canada's Food Guide while breastfeeding.



Evaporated Milk

After 9 months

- Evaporated milk is not recommended as an alternative for breast milk or iron-fortified infant formula.
- Should only be given to babies as an alternative to homogenized (whole) milk after baby is 9 months.
- Evaporated milk is low in iron and other important nutrients that are found in breast milk or iron-fortified formula.
- Not getting enough iron and other important nutrients can cause iron-deficiency anemia and delayed development.



Peanut Butter

After 9 months

- Wait until your baby is at least 9 months to 1 year old to introduce peanut butter.
- Wait longer than 1 year if you have a family history of allergies.
- Peanut butter can be a dangerous choking food even for older children.
- Never serve peanut butter alone or on a spoon. Spread it thinly on crackers or bread.



**High in Sugar,
Salt and Caffeine**

Food my baby doesn't need

- Examples of foods and drinks babies do not need are cakes, cookies, candies, ice cream, potato chips, pop and sweet drinks made from crystals.
- Babies have small stomachs and these foods can fill them up, leaving little room for the important healthy foods.
- Your baby is growing and developing fast and needs food to be as healthy as possible.



**Homogenized
(Whole) Milk**

Between 9-12 months

- Wait until your baby is at least 9 months old.
- Before your baby is 9 months old cow's milk is hard for your baby to digest and is low in iron.
- Iron is important to prevent iron-deficiency anemia.
- Anemia can delay the development of your baby and cause learning problems.
- Give homogenized milk until baby turns 2 years old. Do not give any skim, 1%, 2% or soy milk to a child under the age of 2.
- Babies need the fat in whole milk for healthy brain development.
- It is important to note that coffee whitener is not a milk alternative.



Low-fat Foods

Not before 2 years

- Low-fat foods including skim and 1% milk are not for babies under 2 years of age.
- Babies need lots of food energy to grow and develop. They need the high food energy that comes from fat.
- Give yogurt and cheese made with whole milk not the low-fat versions.



Infant Cereal

Start at 6 months

- Give when baby can: move tongue from front to back, sit up with little help, hold head up, open mouth when food is offered and takes food from a spoon.
- Should have added iron.
- Baby needs solid foods that contain iron.
- Iron is needed for baby's growth and development, and to prevent iron-deficiency anemia.
- Introduce iron-fortified single grain cereals such as rice, barley, oats and wheat before feeding baby an iron-fortified mixed grain cereal.
- Should not be added to bottles, this can increase the risk of choking and overeating.
- Oatmeal is not the same as infant cereal; it does not contain the extra iron that baby needs.



Formula

Birth to at least 9 months if not breastfeeding

- Breastfeeding is the best choice for your baby.
- If you are not breastfeeding give iron-fortified formula to prevent iron-deficiency anemia until your baby is at least 9 months to 1 year.
- Iron is important to prevent iron-deficiency anemia.
- Anemia can delay the development of your baby and cause learning problems.
- Formula comes in 3 different forms, concentrated, ready-to-feed and powdered.
- Formula should be diluted exactly according to the directions.
- Sterilize bottles and equipment and make formula with boiled water until your baby is 4 months old.
- Iron-fortified formula should continue to be given until 2 years of age for babies who are vegetarian.



Honey

After 1 year

- Wait until your baby is at least one year old.
- Honey can cause botulism (food poisoning) in babies less than one year of age.
- You should not add honey to baby food or use honey on a soother.