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There are health risks to introducing foods earlier than 6 months.



Feed Baby at 6 Months

Early introduction of foods may increase:

- the risk for under-nutrition and diarrhea
- the chance of becoming a picky eater
- the chance of preschool obesity
- the risk of infections

Parents should never put baby cereal in a bottle.



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Let Baby Lead!

- Baby Led Weaning (BLW) means the baby feeds himself. This style of feeding, rather than spoon-feeding, may lead to your baby having healthier food preferences and a lower risk for chronic disease later in life.



- Introducing cow's milk before 12 months can increase the risk of iron deficiency and dehydration in your baby.

NHCP Healthy Eating Team October 2014



So what and when should I feed my baby?

Birth to 6 months:

- breast milk or formula only



At 6 months:

- focus on iron (eg., meat, legumes, iron-fortified cereal)
- offer a variety of textures (eg., lumpy, mashed, ground, finely minced)
- milk products (cottage cheese, yogurt, block cheese) can be introduced after iron rich foods
- offer a variety of vegetables, fruits and whole grain products
- continue offering breast milk or formula

At 12 months:

- offer whole cow's milk until age 2
- soy, almond, rice or other plant beverages are not suitable for children under 2



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