

## Breastfeeding



Breast milk will give your baby everything she needs for the first 6 months of life. Continue offering breast milk for 2 years or longer.

## Introducing Solids



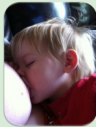
At 6 months, your baby can start on solid foods. Focus on foods high in iron, like moose meat, eggs, chicken, fish, beans and iron-fortified baby cereal. Introduce one food at a time (every 2-7 days).

# Feeding Baby

Start solid foods at 6 months. Baby will need different food textures depending on her development

When your baby can:	Offer:
Sit with help 	• Smoothed, mashed food 
Sit without help 	• Soft mashed food with lumps 
Crawl 	• Finely chopped foods • Foods with soft textures • Crunchy foods that dissolve like whole grain crackers 
Walk with help 	• Coarsely chopped foods • Bite-size pieces of food • Finger foods 

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### Homemade Baby Food



- Making your own baby food is cheaper and healthier than buying it in jars
- Puree plain cooked meat, hard vegetables or fruit with breast milk, infant formula or water
- Use a blender, fork, potato masher or food processor to make the right food texture for your baby
- Freeze extras in ice cube trays
- Thaw frozen food in hot water to avoid scalding from the microwave

NHCP Healthy Eating Team January 2014



### Iron Deficiency Anemia



- This is a blood disorder where the body does not have enough healthy red blood cells
- Untreated anemia may cause physical and mental delays in areas like walking and talking
- Poor nutrition is a common cause
- Offering baby who is 6 months or older a variety of healthy foods and beverages is the best way to prevent anemia. Offer high iron foods along with vegetables/fruits every day

### Allergies



- There is no need to delay the introduction of specific foods later than 6 months
- Your baby can be fed peanuts, fish or eggs at the appropriate texture along with other healthy foods
- It is important to keep offering all types of food unless your baby has a reaction to a specific food

***If you have any questions or concerns, contact your health care professional***

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