



# Feeding Your Baby

## 0 to 6 Months: Drinking Only

### Breast Milk



Image Provided by the Public Health Agency of Canada

or iron-fortified  
infant formula

## 6 Months: Time to Offer Pureed Foods

When your baby can...  
sit up in high chair, hold head up,  
follow food with eyes

- ▶ Do **NOT** give honey until 12 months.
- ▶ Offer foods high in iron, daily.
- ▶ **One teaspoon or less of a new food.** Gradually give more if your baby does not have a reaction.
- ▶ **Give once a day** in the morning. Progress to twice a day.
- ▶ **Pureed:** Try one food at a time in no particular order.
- ▶ **Cereal:** Start with a watery, semi solid consistency. Gradually use less liquid.
- ▶ **Breast milk** or iron-fortified infant formula.
- ▶ Start **pureed fruit and cooked vegetables** like: carrot, sweet potato, squash, beans, canned fruits.
- ▶ Start iron-fortified **single grain cereals** like: rice. Then others like: barley, oatmeal.
- ▶ Start **pureed meat and alternatives** such as: chicken, beef, lentils, egg yolk.

## 7 to 8 Months: Time to Thicken Up

When your baby can...  
bite off food, pick up food with  
fingers, drink from cup but may spill

- ▶ Serve food that is **lumpy, pureed, mashed, soft,** and in **small pieces.**
- ▶ Give **finger food** - Do **NOT** give foods that are hard, small and round like whole grapes, wieners, nuts, seeds, chips, candies, popcorn, raw hard vegetables or smooth sticky foods like peanut butter.
- ▶ Serve **water** in a sippy cup.
- ▶ **Breast milk** or iron-fortified infant formula.
- ▶ **Try sharper tasting vegetables like:** cabbage, brussel sprouts, cauliflower, broccoli.
- ▶ **Mixed cereals** - once all single grains have been tried.
- ▶ Offer **lumpy, pureed or mashed meats and alternatives** such as: pork, fish, chickpeas, tofu, egg yolk.

**Make your own baby food!**

Learn how at:

[ottawa.ca/health/nutrition](http://ottawa.ca/health/nutrition)

## 9 to 12 Months: Time to Chew

When your baby can...  
chew, pick up small pieces of  
food, control food in mouth

- ▶ Serve food that is **mashed, grated, and finely chopped.**
- ▶ Serve **water** and milk in a sippy cup, finger food and small amounts of **family foods.**
- ▶ **Breast milk.**
- ▶ Whole milk in a cup, full fat yogurt and cottage cheese (at least 2% M.F.), cheese.
- ▶ **Cut up soft foods** like: canned fruits, melon, mango, banana, cooked sweet potato, broccoli.
- ▶ **Limit juice to 2 oz (60 mL) daily.**
- ▶ **Gradually offer:** rice, pasta – cut in small pieces, ¼ slice dry toast, couscous, thick bread sticks.
- ▶ **Try:** Meat sauces, mashed baked beans, chopped meatloaf, whole egg (at 12 months).