



baby feeding



CHEAT SHEET

Health Canada, Dietitians of Canada, the Canadian Paediatric Society and the Breastfeeding Committee for Canada have released updated guidelines on feeding babies ages six months to 24 months. Check out our handy chart for a quick look at which kinds of food to introduce at what age.



	BEFORE...	NOW...
WHEN SHOULD THEY START ON SOLID FOOD?	4 MONTHS	6 MONTHS
WHAT SHOULD BE MY BABY'S "FIRST FOOD"?	Start with iron-fortified infant cereal, followed by vegetables and fruits, then milk and meats.	Start with iron-rich foods like meat or meat alternatives (beans, lentils, eggs) and iron-fortified infant cereals, followed by all other food groups.
SHOULD I PURÉE MY BABY'S FOOD?	YES	You don't have to. By six months, babies can manage a variety of soft textures, including cooked vegetables and fruit, grated cheese, mashed cooked meat, and soft, ripe fruit like bananas.
SHOULD I WAIT TO DELAY POTENTIALLY ALLERGENIC FOODS?	YES	No. To decrease the likelihood of your baby developing an allergy, introduce foods containing the most-common allergens—including peanuts, seafood, sesame, soy, tree nuts, wheat and eggs—early and serve them often.*
IN THE LAND OF MILK AND HONEY	Two longstanding recommendations stay the same—that you avoid serving your baby cow's milk until she's at least nine months old and that you avoid honey until she's at least one.	

* THIS IS A GENERAL RECOMMENDATION AND DOESN'T APPLY TO KIDS WHO HAVE ALREADY BEEN DIAGNOSED WITH A FOOD ALLERGY.