



# Menu Ideas for my First Foods

## Trust Me, Trust My Tummy

### Start with Iron-rich Foods

- Legumes (e.g., lentils, dried peas and beans, dhals)
- Chicken, turkey, beef, veal, pork, lamb, goat, wild game
- Fish\* (low in mercury)
- Iron-fortified infant cereal\*
- Tofu\*
- Egg\*

\* Foods that are more likely to cause an allergic reaction need to be introduced 2 days apart.

Around 6 months of age, I'm ready for solid foods when I consistently show the signs of readiness.

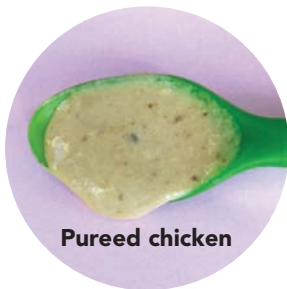
- I don't need salt or sugar added to my foods
- Avoid offering me liver, because it has too much vitamin A for me
- Don't give me honey, because it can cause infant botulism (food poisoning)

Offer me a variety of different textures of foods from pureed to soft, small finger foods.



Pieces of Tofu

Offer me **healthy foods** from our family's meal, but make sure the texture is safe for me.



Pureed chicken



Lumpy lentils



Scrambled egg



Minced turkey

- The first time you offer me solid food, start with 1-2 teaspoons and offer it early in the day
- As I learn to eat, slowly increase the variety of solid foods and how often they are offered to me
- Serve iron-rich foods with fruits and vegetables to increase the amount of iron I absorb
- When I'm eating, always sit and talk with me
- Help me learn to drink from an open cup by offering me tap water when I get thirsty
- Encourage me to feed myself, but help me eat foods from a spoon
- Stay calm when I gag – gagging is a natural reflex that helps me avoid choking
- Keep my feeding times flexible according to my hunger and fullness cues
- I still need breast milk and vitamin D supplement or formula when I start solid foods



# Menu Ideas for my First Year

Offer me food according to my hunger and fullness cues.  
Trust me to eat the amount that's right for me.

You can breastfeed or offer me formula before or after I eat solid foods.  
But I may not be hungry if I have too much to drink.

Time of Day	6 months to 9 months	9 months to 1 year
Morning Feeding	<ul style="list-style-type: none"><li>• Iron-fortified infant cereal*</li><li>• Pureed or mashed soft fruit</li></ul>	<ul style="list-style-type: none"><li>• Scrambled egg*, whole wheat* toast strips</li><li>• Chopped mango topped with yogurt* or dahi*</li></ul>
Snack	<ul style="list-style-type: none"><li>• Well-cooked lentils or dhals</li><li>• Yogurt* or dahi*</li></ul>	<ul style="list-style-type: none"><li>• Iron-fortified infant cereal* with whole milk*</li><li>• Small pieces of soft banana</li></ul>
Midday Feeding	<ul style="list-style-type: none"><li>• Mashed, minced or chopped hard-boiled egg* or scrambled egg*</li><li>• Pureed, mashed, diced or chopped cooked carrots or squash and soft broccoli flowerets</li><li>• Mashed potatoes, chopped well-cooked pasta, rice, quinoa or couscous</li></ul>	<ul style="list-style-type: none"><li>• Cooked lentils or dhals</li><li>• Rice, pasta, quinoa, couscous or pieces of roti</li><li>• Well-cooked broccoli flowerets or green peas and soft pieces of sweet potatoes, squash or carrots</li><li>• Whole milk* from an open cup</li></ul>
Snack	<ul style="list-style-type: none"><li>• Small pieces of soft tofu* or paneer*</li><li>• Pureed, mashed, diced or chopped cooked mixed vegetables</li><li>• Tap water from an open cup</li></ul>	<ul style="list-style-type: none"><li>• Hummus*, black bean dip or smooth peanut* butter spread lightly on whole wheat* pita, toast or roti that is cut into small strips</li><li>• Well-cooked cauliflower flowerets</li><li>• Whole milk* from an open cup</li></ul>
Early Evening Feeding	<ul style="list-style-type: none"><li>• Pureed, ground or finely-minced meat, poultry, fish* (low in mercury), lentils, mashed beans or chickpeas</li><li>• Mashed or chopped sweet potatoes and cooked pureed or chopped spinach or green beans</li></ul>	<ul style="list-style-type: none"><li>• Mixed dish: ground beef, chicken or lentils cooked with small pieces of vegetables and pasta, rice or quinoa</li><li>• Minced or chopped peaches or seedless grapes or shredded apples</li><li>• Tap water from an open cup</li></ul>

\* Foods that are more likely to cause an allergic reaction need to be introduced early in the day and two days apart.  
Once I am 9-12 months old and eating a variety of iron-rich foods, I can start drinking whole milk from an open cup.

Adult Plate	Baby Plate
	
	<ul style="list-style-type: none"><li>• I need your help to eat pureed foods from a spoon</li><li>• I can pick up and eat soft finger foods on my own</li></ul>

1 tablespoon of each food

To learn more about the signs of readiness for solids and the introduction of solid foods,

contact a **Public Health Nurse** at:  
**905-799-7700** • (Caledon 905-584-2216)  
[Facebook.com/ParentingInPeel](https://www.facebook.com/ParentingInPeel)

Available resources include: the **Trust Me, Trust My Tummy** video (available at your local library) and the **I'm Ready for Solids** parent handout.

**Region of Peel**  
working with you