

Feeding Guide: Starting Solid Foods

Most babies are ready to eat solid foods when they're **around 6 months of age**. Continue to breastfeed when you start offering solid foods.

Iron and your baby's diet




- By 6 months, baby needs iron from solid foods.
- Baby's first solid foods should be iron-rich like baby cereal with iron, meat and meat alternatives.
- Offer baby an iron-rich food at each meal.

How much food should I offer baby?

- As a parent, it's your job to choose what foods to offer, and when and where your baby is fed. It's baby's job to choose how much food to eat.
- Start with 1–3 teaspoons (5–15 mL) of food.
- Offer more food if baby shows you he's hungry (opens mouth). Stop feeding when baby shows you he's full (closes mouth or turns head away).

Every baby will like and eat different amounts of food from day to day. **This is only a guide.**

For more information, see *Starting Solid Foods: Around 6 Months* at: healthyparentshealthychildren.ca

	Getting started (around 6 months)	6–7 months Start offering baby solid foods 1 time each day and increase to 3 times each day.
Breakfast	<ul style="list-style-type: none"> • Single grain baby cereal with iron or • Meat or meat alternative 	<ul style="list-style-type: none"> • Baby cereal with iron 
Lunch	<div style="border: 1px solid green; border-radius: 15px; padding: 10px; text-align: center;"> <p>Give baby 1 new food at a time. Wait 2 days before adding the next new food.</p> </div>	<ul style="list-style-type: none"> • Baby cereal with iron • Fruit 
Supper		<ul style="list-style-type: none"> • Meat or meat alternative • Vegetable 
Food texture	<ul style="list-style-type: none"> • Start with pureed, smooth, or mashed food and change the texture as baby grows and develops better eating skills. • Encourage self feeding as soon as baby shows interest. 	

Healthy food ideas

Vegetables: broccoli, carrots, peppers, squash, sweet potato

Fruit: apple, avocado, banana, kiwi, mango, peach

Baby cereal with iron: barley, oat, rice, wheat

Grain Products: barley, couscous, pasta, quinoa, rice, toast

Milk Alternatives: cheese, yogurt






Meat: beef, chicken, fish, lamb, pork, turkey, wild game

Meat Alternatives: black beans, chickpeas, kidney beans, lentils, split peas, egg, and tofu

These are just examples. Be creative!

- Try new foods, flavours and textures as baby learns to eat.
- Baby can try the same healthy foods that your family enjoys.

Don't give babies honey or foods with honey until after 1 year of age.

	8–9 months Offer solid foods 3–5 times each day.	10–12 months Offer 3 meals and 2–3 snacks each day.
Breakfast	<ul style="list-style-type: none"> Baby cereal with iron Fruit 	<ul style="list-style-type: none"> Baby cereal with iron Fruit <div style="border: 1px solid green; border-radius: 10px; padding: 5px; width: fit-content;"> <p>Try grating hard fruits like apples to make them easy to pick up and chew.</p> </div>
Morning snack	<ul style="list-style-type: none"> Baby cereal with iron 	<ul style="list-style-type: none"> Fruit Grain Product
Lunch	<ul style="list-style-type: none"> Meat or meat alternative Vegetable Cheese 	<ul style="list-style-type: none"> Meat or meat alternative Vegetable Yogurt 
Afternoon snack		<ul style="list-style-type: none"> Vegetable Grain Product
Supper	<ul style="list-style-type: none"> Meat or meat alternative Grain Product Vegetable 	<ul style="list-style-type: none"> Meat or meat alternative Grain Product Vegetable 
Night time snack	<ul style="list-style-type: none"> Baby cereal with iron 	<ul style="list-style-type: none"> Baby cereal with iron Fruit
Food texture	<ul style="list-style-type: none"> Textures may be lumpy, minced, grated, diced, or soft/cooked foods cut-up. It's important for babies to learn to eat different textures. Change the texture as baby grows and develops better eating skills. 	

How much food should I offer baby?

- As your baby gets older, slowly increase the amount of food you offer.
- Baby may eat more or less food than you offer. Provide more food if baby shows you she's hungry. Stop feeding when baby shows you he's full.
- Offer sips of water from an open cup if you think baby is thirsty.

Examples of amounts to offer:

Vegetables	2–4 Tablespoons (30–60 mL)
Fruit	2–4 Tablespoons (30–60 mL)
Baby cereal with iron (prepared)	2–4 Tablespoons (30–60 mL)
Grain Products	3–8 Tablespoons (45–125 mL)
Milk Alternatives (cheese or yogurt)	2–3 Tablespoons (30–45 mL)
Meat	2–4 Tablespoons (30–60 mL)
Meat Alternatives	2–4 Tablespoons (30–60 mL)

At 9–12 months, babies can be offered 3.25% (homogenized) milk at meals