


Feed my BABY – From birth to 1 year

FOOD INTRODUCTION SCHEDULE

6 MONTHS		6 ½ MONTHS	7 TO 9 MONTHS	9 TO 12 MONTHS	1 YEAR
Baby Cereals <input type="checkbox"/> Rice <input type="checkbox"/> Barley <input type="checkbox"/> Oats	<input type="checkbox"/> carrot <input type="checkbox"/> squash <input type="checkbox"/> zucchini <input type="checkbox"/> yellow or green beans <input type="checkbox"/> sweet potato	<input type="checkbox"/> banana <input type="checkbox"/> peach <input type="checkbox"/> pear <input type="checkbox"/> apple	Baby Cereals <input type="checkbox"/> soya <input type="checkbox"/> wheat <input type="checkbox"/> mixed <input type="checkbox"/> with vegetable or fruit <input type="checkbox"/> mixed <input type="checkbox"/> asparagus <input type="checkbox"/> avocado <input type="checkbox"/> broccoli <input type="checkbox"/> cabbage <input type="checkbox"/> cauliflower <input type="checkbox"/> Brussels sprout <input type="checkbox"/> corn <input type="checkbox"/> green peas <input type="checkbox"/> potatoe <input type="checkbox"/> apricot <input type="checkbox"/> pineapple <input type="checkbox"/> nectarine <input type="checkbox"/> prune, plum <input type="checkbox"/> purees made from a mixture of fruits already introduced pasteurized unsweetened juice (apple juice, orange grapes, pears, pineapple, prunes) <input type="checkbox"/> Maximum: 2-3 ounces (60-90 ml) per day by cup or glass	<input type="checkbox"/> cereals for babies, varieties for older ones nature oats if <input type="checkbox"/> ≥ 25% of iron / portion Dry or grilled bread pita bread, <input type="checkbox"/> tortilla <input type="checkbox"/> pasta <input type="checkbox"/> sticky short grain rice <input type="checkbox"/> barley, millet quinoa couscous <input type="checkbox"/> rusk <input type="checkbox"/> lightly salted cracker <input type="checkbox"/> baby cookie if <input type="checkbox"/> ≥ 25% iron/serving	<input type="checkbox"/> Baby cereals (« Nutrios »ect.) low-sugar, whole-grain, iron-fortified cereal ≥ 25% iron/serving <input type="checkbox"/> Slightly sweet muffin <input type="checkbox"/> Slightly sweet pancake <input type="checkbox"/> dry, slightly sweet biscuit <input type="checkbox"/> low sugar cereal bar <input type="checkbox"/> lightly sweetened bread cake <input type="checkbox"/> english muffin <input type="checkbox"/> bagel, pancake, waffle, french toast
<input type="checkbox"/> agneau <input type="checkbox"/> dinde <input type="checkbox"/> poulet	<input type="checkbox"/> bœuf <input type="checkbox"/> porc <input type="checkbox"/> veau	<input type="checkbox"/> well-cooked egg yolk and white <input type="checkbox"/> legumes (peas, beans, lentils, etc.) <input type="checkbox"/> firm tofu <input type="checkbox"/> liver (max. 30 ml/week) <input type="checkbox"/> fish (haddock, sole, turbot, cod, salmon, trout except gray, etc.), <input type="checkbox"/> canned fish (salmon, light tuna) <input type="checkbox"/> horse meat <input type="checkbox"/> game meat	<input type="checkbox"/> turnip <input type="checkbox"/> parsnip <input type="checkbox"/> bette <input type="checkbox"/> spinach <input type="checkbox"/> tomato and its juice <input type="checkbox"/> vegetable juice <input type="checkbox"/> cooked onion, <input type="checkbox"/> mushrooms, garlic, <input type="checkbox"/> pepper and celery Cut pitted fruit: <input type="checkbox"/> cantaloupe, melon <input type="checkbox"/> seedless grapes <input type="checkbox"/> cherry <input type="checkbox"/> cornflower <input type="checkbox"/> blackberries <input type="checkbox"/> strawberries, raspberries <input type="checkbox"/> orange <input type="checkbox"/> clementine <input type="checkbox"/> grapefruit <input type="checkbox"/> pasteurized unsweetened mixed fruit juice Maximum: 2-3 ounces (60-90 ml) per day	Raw and tender vegetables <input type="checkbox"/> bell pepper <input type="checkbox"/> mushroom <input type="checkbox"/> cucumber <input type="checkbox"/> lettuce <input type="checkbox"/> snow peas <input type="checkbox"/> kiwi <input type="checkbox"/> mango, papaya <input type="checkbox"/> cooked cranberries <input type="checkbox"/> various pasteurized unsweetened juices Maximum: 4 ounces (125 ml) per day	
 <p>Breast milk is the basic food par excellence to nourish your baby during his first year of life.</p>		<input type="checkbox"/> seafood (shrimp, lobster, scallops, crab) <input type="checkbox"/> imitation crabe <input type="checkbox"/> pollock <input type="checkbox"/> ground peanuts, <input type="checkbox"/> nuts and seeds <input type="checkbox"/> creamy peanut or nut butter <input type="checkbox"/> occasionally lean cold meats (ham, turkey breast)	<input type="checkbox"/> cow's milk, goat's milk 3.25% m.g. pasteurized and enriched <input type="checkbox"/> fresh cheese (cottage, ricotta, quark) <input type="checkbox"/> soft firm cheese (mozzarella, cheddar) <input type="checkbox"/> plain yogurt ≥ 2% m.g. <input type="checkbox"/> plain kefir <input type="checkbox"/> canola, soy, sunflower oil <input type="checkbox"/> non-hydrogenated margarine	<input type="checkbox"/> various pasteurized cheeses <input type="checkbox"/> melted cheese spread or slice <input type="checkbox"/> fruit or flavored yogurt ≥ 2% m.g. <input type="checkbox"/> flavored kefir flavored <input type="checkbox"/> kefir flavored fresh cheese <input type="checkbox"/> ("Minigo",...) <input type="checkbox"/> milk pudding frozen yogurt and milk ice cream	
<p>TEXTURE OF FOODS OFFERED</p> <p>At first: smooth purees, then quickly, thicker purees. Around 7-8 months: coarse purees, then soft foods well crushed with a fork. Between 9-12 months: finely chopped, grated foods and small, soft, tender pieces that your baby can eat with their fingers. From 12 months: textures like the family, baby feeds himself, eats with his fingers or a spoon. Offer liquids by open cup or glass.</p> <p>Certain foods should be avoided until the age of 4 because of the risk of choking: peanuts, nuts and seeds whole or in pieces, popcorn, hard raw vegetables, dried grapes and cranberries, whole fresh grapes, slices of sausage, popsicles, hard candies, chewing gum, lozenges, marshmallows, etc.</p> <p>If your baby shows signs of intolerance or allergy to a food, consult a doctor and a nutritionist.</p>					

Feed my BABY

- Breastfeeding is the normal and unrivaled way of feeding. Breast milk is the food par excellence: natural, adapted to the needs of your baby, comforting for him, rewarding for his mother, economical. No other milk is equivalent.
- International, Canadian and Quebec recommendations recommend that babies be exclusively breastfed (nothing other than breast milk and vitamin D supplement) for the first 6 months of life. Subsequently, when foods are introduced, breastfeeding can continue as long as the mother and child desire, for 2 years and even more.
- Breast milk stimulates the development of the child, helps the maturation of his digestive and immune system, protects him against several infections, diseases and allergies.
- In Canada, children fed exclusively or partially with breast milk must receive a vitamin D supplement of 400 IU from birth to 1 year of age.

BABY MENU SUGGESTIONS

<p style="text-align: center;">Milk remains baby's staple food. Offer it to him on demand, according to his needs and at least 4 times / day. Before the age of 9 months, offer milk before meals.</p> <p style="text-align: center;">Start each new food with 5 ml (1 tsp) then gradually increase by 15 ml (1 tbsp) at a time, until baby is full.</p>						
	6 MONTHS			6½ TO 7 MONTHS	7 TO 9 MONTHS	9 TO 12 MONTHS
Breakfast	Cereals for babies	Cereals for babies	Cereals for babies	Cereals for babies	Cereals for babies Cooked egg Fruit	Priority cereals for babies up to 2 years old Cheese or cooked egg Pieces of toast Fruit
Lunch		Meat or poultry	Meat or poultry Vegetables	Meat or poultry Vegetables Fruit	Meat, poultry, fish or substitute Vegetables Fruit	Meat, poultry, fish or alternatives Vegetables Potatoe Fruit
Diner	Cereals for babies	Cereals for babies	Cereals for babies Vegetables	Cereals for babies Vegetables Fruit	Cereals for babies Vegetables Fruit	Meat, poultry, fish or alternatives Vegetables Pasta or rice Fruit or yogurt

- For mixed-breastfed or non-breastfed babies, the use of commercial iron-fortified formulas is recommended until the age of 9 months, and preferably until 12 months. On the other hand, you must budget more than \$100 per month for the purchase of commercial infant formula.
- Home-cooked purees offer many advantages: they are tastier, more economical and allow for more variety and different textures. To cook homemade purees, get the recipe collection "Feeding my baby with tasty homemade purees," available at your Health and Social Services Center (CSSS).
- For a good choice of frozen or jarred commercial purees, check the list of ingredients and choose as often as possible:
 - purees composed only of vegetables, fruits or meat, rather than mixtures;
 - without thickening agent (starch, starch, flour, etc.);
 - no added sugar.

Please note, the ages indicated on commercial puree labels do not necessarily correspond to current recommendations for feeding babies; Additionally, some foods for older babies contain a lot of salt.

- For more detailed information on your child's diet, consult the most recent version of "Living better with our child from pregnancy to two years". www.inspq.qc.ca/mieuxvivre

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In compliance with the International Code of Marketing of Breast-milk Substitutes and the Baby-Friendly Initiative (BAI).

References : Mieux vivre avec notre enfant de la grossesse à deux ans 2013
La nutrition du nourrisson né à terme et en santé : Recommandations de la naissance à six mois, Santé Canada 2012
Fleischer DM, Spergel JM, Assa'ad AH, Progracic JA. « Primary prevention of allergic disease through nutritional interventions ». *J Allergy Clin Immunol* : In Practice 2013 ;1 :29-36.

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