



What to Feed Your Baby (6-12 months)

Babies need to learn to eat solid food. It is normal for them to want to touch the food - so expect some mess and have fun!

By 9 months of age, offer your baby the same foods that the family is eating. Sit down and eat with your baby. They learn by watching you.

How Much is Enough?

Let your baby decide how much to eat. Some days your baby will eat a lot, other days less. Babies will close their mouths, turn their heads and push food away when they have had enough to eat. Watch for these signs and don't force your baby to eat.



Gagging is normal. It is part of learning how to eat without choking. If your baby gags, stay calm and reassure him.

Refusing food?

There are many reasons that your baby may refuse foods. When your baby is sick or has teeth coming, he may not want to eat much. Watch and listen to your baby. Do not force your baby to eat solids. Your baby should continue to drink fluids. Try again another day. It may take several tries for your baby to accept a new food.



Fluids for your baby

Breast milk is best for babies. Breastfeed for as long as possible.

Your baby does not need juice. If you offer juice, offer 100% unsweetened juice only and offer it in a cup as part of a meal or snack. Limit to 60-125 mL (¼-½ cup) per day. Offer sips of water in a cup.



Iron

Offer your baby foods that are rich in iron like beef, pork, lamb, chicken, turkey, fish, iron-fortified infant cereal, tofu, beans and other legumes, and egg.

Babies need iron to help them grow to be healthy children. A baby without enough iron may have a poor appetite, develop slowly, get sick more often, and be tired, weak and cranky. When your baby is 9-12 months old and eating a variety of iron-rich foods, you can offer sips of whole milk (3.25%) in a cup.



Sample Meals

Let your baby decide how much to eat. These are sample meals to get you started. **Serving sizes are a guide only.** Every baby is different. Start with a small serving and increase it as your baby wants more. Baby may not finish all the food listed here. **Enjoy feeding your baby!**

* Depending on your baby, you may offer breast milk before or after solid foods.

	6-9 months	9-12 months
Early morning	<ul style="list-style-type: none"> Breast milk ^{1,2} 	<ul style="list-style-type: none"> Breast milk ^{1,2}
Breakfast	<ul style="list-style-type: none"> Breast milk* (before or after solids) 5-60 mL (1 tsp-4 Tbsp) infant cereal mixed with breast milk, water, or formula 5-60 mL (1 tsp-4 Tbsp) soft fruit in small pieces 1 boiled egg 	<ul style="list-style-type: none"> Small pieces of toast with peanut butter 30-60 mL (2-4 Tbsp) soft fruit in small pieces 30-60 mL (2-4 Tbsp) yogurt Water in a cup
Morning snack	Breast milk	<ul style="list-style-type: none"> 30-60 mL (2-4 Tbsp) soft fruit in small pieces Breast milk
Lunch	<ul style="list-style-type: none"> Breast milk* (before or after solids) 5-60 mL (1 tsp-4 Tbsp) mashed fish, meat, egg or beans 5-30 mL (1 tsp-2 Tbsp) mashed vegetables 5-30 mL (1 tsp-2 Tbsp) soft fruit in small pieces 	<ul style="list-style-type: none"> 45-60 mL (3-4 Tbsp) small pieces of tofu, chicken or meat 30-60 mL (2-4 Tbsp) soft cooked pieces of vegetables 60-125 mL (4-8 Tbsp) infant cereal, whole grain pasta or rice Breast milk
Afternoon snack	Breast milk	<ul style="list-style-type: none"> 15-30 mL (1-2 Tbsp) small pieces of cheese Breast milk
Supper	<ul style="list-style-type: none"> Breast milk* (before or after solids) 5-60 mL (1 tsp-4 Tbsp) infant cereal mixed with breast milk, water, or formula 5-60 mL (1 tsp-4 Tbsp) well cooked, finely minced fish, lentils, tofu, meat, chicken, egg or beans 5-30 mL (1 tsp-2 Tbsp) mashed vegetables 	<ul style="list-style-type: none"> 30-125 mL (2-8 Tbsp) cooked pasta, rice or quinoa 45-60 mL (3-4 Tbsp) chopped fish, tofu, chicken, meat, or beans 30-60 mL (2-4 Tbsp) pieces of soft vegetables or fruit Breast milk
Evening snack	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Oat ring cereal Breast milk

¹ Give your breastfed baby 400 IU Vitamin D every day.

² If you cannot give your baby breast milk, give your baby an iron-fortified infant formula.

Other fact sheets are available at your local Community Health Office/Centre or online:

Vancouver Coastal Health: <http://vch.eduhealth.ca> - search 'baby food'

See also "Baby's First Foods" <http://www.healthlinkbc.ca/healthfiles/hfile69c.stm>

Or call:

- Dietitian Services at HealthLink BC - call 8-1-1 to speak to a dietitian or go to www.healthlinkbc.ca/dietitian/ to email your question. Translation services are available in 130 languages.
- A Public Health Nurse at Vancouver Coastal Health: www.vch.ca

Choose foods grown or produced in BC whenever you can.

For more copies, go online at <http://vch.eduhealth.ca> or email pheam@vch.ca and quote Catalogue No. **GK.260.W58**

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