



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!

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?

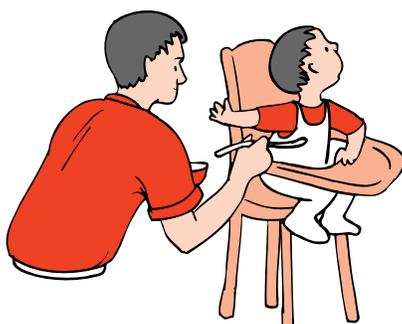
Let your baby decide how much to eat. Some days your baby will eat a lot, other days less. Babies will close their mouths, turn their heads and push food away when they have had enough to eat. Watch for these signs and don't force your baby to eat.



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

Refusing food?

There are many reasons that your baby may refuse foods. When your baby is sick or has teeth coming, they may not want to eat much. 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

Breastfeed for as long as you like. If you are formula feeding, you can switch to whole milk at 9-12 months once baby is eating adequate iron rich foods.

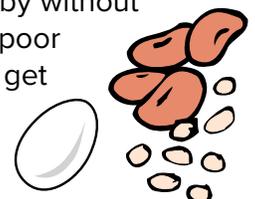


Your baby does not need juice. Avoid sugary drinks, including 100% fruit juice, sweetened milks and sweetened plant-based beverages. Offer sips of water in a cup.

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, 2 or more times per day.

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.



Sample Meals

Let your baby decide how much to eat. These are sample meals to get you started. Starting with mashed soft cooked food and advance texture as your baby gets older and more experienced with eating. Sit and eat with your baby and watch for signs of choking. Every baby is different. Start with a small serving and increase it as your baby wants more. **Enjoy feeding your baby!**

	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 food) Infant cereal mixed with breast milk, water, or formula Soft fruit in small pieces Boiled egg 	<ul style="list-style-type: none"> Small pieces of toast with peanut butter Soft fruit in small pieces Yogurt Water in a cup
Morning snack	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Soft fruit in small pieces Breast milk
Lunch	<ul style="list-style-type: none"> Breast milk* (before or after solids) Finely minced well cooked, bones removed and skinned fish Pieces of cooked meat, egg or beans Soft cooked mashed vegetables Soft fruit in small pieces 	<ul style="list-style-type: none"> Small pieces of tofu, chicken or meat Soft cooked pieces of vegetables Whole grain pasta or rice Breast milk
Afternoon snack	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Small pieces of cheese Breast milk
Supper	<ul style="list-style-type: none"> Breast milk (before or after solids) Soft potatoes mixed with breast milk, water, or formula Well cooked, finely minced fish, lentils, tofu, meat, chicken, egg or beans Mashed vegetables 	<ul style="list-style-type: none"> Cooked pasta, rice or quinoa Soft cooked pieces of fish, tofu, chicken, meat, or beans Pieces of soft cooked 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 on parenting your toddler are available online:

- vch.ca/public-health/pregnancy-parenting/infants-to-18-months
- See also “Baby’s First Foods” healthlinkbc.ca/healthlinkbc-files/babys-first-foods

For more information, call:

- Dial 8-1-1 to speak to a dietitian:
healthlinkbc.ca/health-services/healthlink-bc-811-services/dietitian-services
- Translation services are available in 130 languages

Choose foods grown or produced in BC whenever you can.



Making better
decisions together
with patients
and families

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