

# Nutrition Facts

## Solid Foods For Your Baby

This sample menu is a guide only. Every baby is different and may eat slightly more or less than the amounts given. Follow your baby's cues to know how much to feed. Health Canada (2006) states that iron rich foods like meat, and meat alternatives can safely be given as first foods at 6 months of age but this menu reflects a more typical pattern of eating in Canada.

Age	Food	Breakfast	Lunch	Dinner
6 months	Add iron fortified infant cereal (single grains: rice, barley and oats)	Begin with small amount (1-3 t.) and progress to twice daily		Add cereal at lunch or dinner before introducing vegetables
<b>To give your baby practice drinking from a cup, offer her a "sippy" cup water, expressed breast milk or formula with meals.</b>				
6-7 months	<b>Add vegetables:</b> squash, peas, sweet potato etc.	2-4 T. iron fortified infant cereal *	1-2 T. vegetable	2-4 T. iron fortified infant cereal *
7-8 months	<b>Add fruits:</b> apple, bananas, peaches, pears etc. May add to infant cereals	4-5 T. iron fortified infant cereal * 1-2 T. fruit	2-4T. vegetable 1-2 T. fruit	4-5 T. iron fortified infant cereal * 2-4T. vegetable
8-12 months	<b>Add Grain Products:</b> Add bread crusts, dry toast, dry cereal and unsalted crackers. Add grains like rice and pasta. <b>Add Meats and Alternatives:</b> cooked poultry, beef, pork, fish etc. <b>Add Alternatives:</b> cooked egg yolk, tofu, & pureed or mashed legumes-beans, split peas & lentils <b>Add small amounts of Milk Products:</b> cottage cheese, plain yogurt (add fruit) and grated cheese	4-8 T. iron fortified infant cereal *  2-4 T. fruit mashed or chopped   1-4 T. milk product	1-2 servings of grains products *  2-4 T. vegetables mashed or chopped  2-4 T. fruit mashed or chopped  1-3 T. meat or alternative	1-2 servings of grains products *  2-4 T. vegetables mashed or chopped  2-4 T. fruit mashed or chopped  1-3 T. meat or alternative
9-12 months	Gradually introduce whole cow's milk.  Whole milk (homo) should be used until 2 years of age.	4-8 T. iron fortified infant cereal * 2-4 T. fruit 2-4 T. milk product	1-2 servings of grains products 2-4 T. vegetables 2-4 T. fruit 2-4 T. meat or alternative 2-4 oz milk	1-2 servings of grains products 2-4 T. vegetables 2-4 T. fruit 2-4 T. meat or alternative 2-4 oz milk
<b>Offer expressed breast milk, formula or whole milk in a cup at most meals.</b>				
T=tablespoon t=teaspoon * Amounts shown are prepared food (cereal, pasta, rice etc.). Grain Products servings = 1/4 slice toast, 2-4 T. prepared cereal, 2 crackers, 2 T. cooked rice or pasta				



## General Guidelines for Introducing Solids

- ✓ Infants should be seated upright while eating and always supervised.
- ✓ When feeding a baby solid foods, you will decide what will be offered and at what time of day. Your baby will let you know if she wants to eat it or not, and how much she wants.
- ✓ Babies may refuse to eat if they are not feeling well, are tired or are distracted, and a number of other reasons, not necessarily because they don't like a food. It's not uncommon for a baby to take a food well and then lose interest.
- ✓ Don't force baby to eat a new food. If a food is refused, try again in a week or two.
- ✓ Continue feeding your baby as long as she appears to want to eat. The meal is finished when your baby no longer seems interested or stops eating rather than when the bowl is empty.
- ✓ A baby doesn't need added butter, margarine, salt or sweetener (*sugar, honey, molasses*). These flavours fit adult tastes, not baby's tastes.

## Allergies

Food allergies affect about 1-6% of babies. Food allergies are more common in babies from families where one or both parents or baby's siblings have allergies. An allergy is an abnormal reaction of the immune system to a protein in food.

Symptoms of food allergies may include diarrhea, vomiting, skin rash, hives, nasal congestion and breathing problems. If you think your baby has an allergy, contact your doctor.

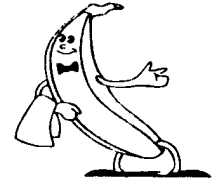
### Tips to protect your baby against food allergies are:

- For the first 6 months, breastfeed your baby exclusively.
- Delay the introduction of solids until 6 months.
- Introduce single grain infant cereal as first food. Rice is recommended, as it is the least allergenic.
- Offer only small amounts of a food initially to ensure baby tolerates it well.
- Offer a new food for at least 3 days before introducing another new food.
- Do not feed egg whites, until after 12 months.
- Introduce peanut butter after 2 years of age.
- Talk to your doctor about introducing new foods when immediate family members have allergies. You may be advised to delay the introduction of allergenic foods such as milk, egg, soy, wheat, peanut, tree nut, fish, sesame seeds and shellfish.

Do not feed honey to infants under the age of 12 months due to the risk of infant botulism.

# Nutrition Facts

## Feeding Young Children (1 – 4 years old)



A parent's responsibility is to offer healthy foods and to decide when and where meals and snacks will be served. It is the child's responsibility to eat or not and how much to eat. Children's appetites vary from day to day and they know when they have had enough to eat. Kids stop eating when they are full. Trust their cues. Your child will get enough to eat if you offer regular meals and snacks and let him choose from what is served. Look at what your child eats over a period of time and don't focus on one or two scarce meals. Starting at 12 months, your child only needs 16 oz. (500 ml) of milk per day. Drinking too much milk may fill your child up making them less hungry for solid food. Be patient and offer variety. Keep meal and snack times enjoyable. It is important that young children are given the opportunity to learn to like healthy foods.

### Meal Time Tips

**Meals should include foods from the 4 food groups**

- Offer 3 meals each day.
- Ensure your child is sitting down and supervised when eating.
- Enjoy family meals with the TV off. Be a positive role model by eating a variety of foods with your child. He learns how to eat by watching you.
- Offer small servings to your child and let her ask for more.
- Encourage milk rather than juice, especially at mealtime. Add a few drops of chocolate or strawberry syrup to milk for a healthy treat.
- Fruits and vegetables have similar nutrients, so don't worry about a low intake of vegetables. Keep offering vegetables prepared in different ways.
- A child who is forced to clean his plate is not learning to respond to his appetite. Avoid making dessert a reward for an empty plate.

### Snack Time Tips

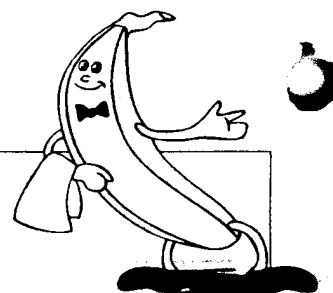
**Snacks should include foods from at least 2 of the 4 food groups**

- Offer 2-3 snacks each day.
- Offer fruit and/or whole grains and milk at most snacks.
- Discourage constant nibbling or drinking. Two to three snacks per day should be enough.
- Time snacks so they don't interfere with meals.
- Limit sweet, sticky foods (fruit roll-ups, jujubes, licorice), even nutritious ones like dried fruit, because they can cause cavities. Teeth should be brushed after eating these foods.
- Allow your child to feed herself even if it's messy.
- Offer milk or juice at meals and snacks but water at other times your child is thirsty.
- Too much juice can be too filling and not leave room for other healthy foods.
- Don't let your toddler walk around with a bottle or cup of juice.
- Offer drinks in a cup rather than a bottle.

### What Is a Child-Size Serving?

Refer to Eating Well with Canada's Food Guide for servings recommended for 2-3 and 4-8 year olds. Canada's Food Guide shows the number of servings recommended per day. A portion for a young child is about 1/4 to 1/2 Food Guide serving. Generally, portion sizes increase with age.

## Healthy Menu Ideas



	1-2 years	3-4 years
<b>Breakfast</b>	1/3 c. prepared infant or dry cereal 2-4 tbsp. chopped grapes 1/2 cup whole milk <b>OR</b> 1 whole grain pancake 2-4 tbsp. applesauce 1/2 cup whole milk 1 tbsp. syrup	1/2 cup dry cereal with 1/2 cup milk (1% or 2%) 1/2 cup orange juice <b>OR</b> 1 egg 1 slice of toast with margarine 1/2 orange in sections 1/2 cup milk (1% or 2%)
<b>Morning Snack</b>	1/4 - 1/2 slice raisin bread with margarine 1 oz. cheese cubes water <b>OR</b> 1/2 cup yogurt 2-4 tbsp. sliced peaches water	1 arrowroot cookie small apple, sliced 1/2 cup milk (1% or 2%) <b>OR</b> 2 sticks of celery and cream cheese 2-4 whole grain crackers water
<b>Lunch</b>	1/2 salmon sandwich on whole wheat 2-4 tbsp. cooked carrot sticks 1/2 cup whole milk 1/2 banana <b>OR</b> 1/3-1/2 cup whole grain pasta 2-4 tbsp. tomato sauce & 2 meatballs 2-4 tbsp. apricot slices 1/2 cup whole milk	1/2 tuna sandwich on whole wheat bread 3 baby carrots 1/2 cup yogurt 1/2 cup milk (1% or 2%) <b>OR</b> 1 slice pizza with meat and vegetables 3 red pepper slices & salad dressing 1/2 cup grapes 1/2 cup milk (1% or 2%)
<b>Afternoon Snack</b>	Oatmeal banana mini muffin 1/2 cup whole milk <b>OR</b> 2-4 whole grain crackers 1 cheese string water	1/2-1 pear, sliced 1/2 cup milk (1% or 2%) <b>OR</b> 1/2 English muffin with almond butter 1/4 banana sliced water
<b>Supper</b>	2-4 tbsp. each of meatloaf, mashed potato and cooked broccoli 1/2 whole grain dinner roll with margarine 1/2 cup whole milk 1 oatmeal cookie <b>OR</b> 1/2 chicken drumstick 1/3-1/2 cup brown rice 2-4 tbsp. cooked corn 2-4 tbsp. apple peach crisp 1/2 cup whole milk	3/4 cup stir-fried chicken with vegetables and rice 2 oatmeal raisin cookies 1/2 cup milk (1% or 2%) <b>OR</b> 1/2 chicken, black bean and cheese quesadilla salsa and sour cream 1/2 cup fruit salad 1/2 cup milk (1% or 2%)
<b>Bedtime Snack</b>	1/2 cup whole milk 1/4 - 1/2 cup O shaped cereal <b>OR</b> 1/2 cup whole milk 1/2 slice bread or toast with margarine/jam	1/2 cup unsweetened apple & berry sauce 1/2 cup milk (1% or 2%) <b>OR</b> 1/2 cup yogurt with berries added 1/2 cup milk (1% or 2%)