

Tips

- Keep breastfeeding on demand while introducing solids.
- Introduce solid foods at 6 months when your baby shows these signs of readiness:
 - Has better head control, and can sit-up and lean forward.
 - Can let you know when she is hungry (e.g., putting food in her mouth) and full (e.g., turning head).
 - Has good tongue movement - back and forth, side to side.
- At six months, offer your baby iron rich foods two or more times a day. Iron rich foods include meats, fish, eggs, iron-fortified infant cereals, tofu and legumes (beans, lentils, chickpeas). Then introduce new foods in any order. Offer new foods each day, except **common food allergens** (see Food Safety).
- When you first introduce solid food, your baby may only eat 2 to 3 tablespoons a day.
- Pay attention to your child's hunger and fullness cues. **Let your child decide how much to eat or whether to eat at all.**
- Try a variety of soft textures (such as lumpy, tender cooked, finely minced, pureed, mashed or ground) and finger foods with your baby before 9 months of age.
- Eat together. Offer your baby the same foods as everyone else. If your baby dislikes the food you offer, try again another day. It may take 10-15 tries for your baby to accept a new food. Never force your baby to eat.
- **Wait until your baby is at least 9-12 months old and eating a variety of iron rich foods before offering homogenized (3.25% M.F.) cow's milk.**

Food Safety:

- **Common food allergens** include: milk, egg, peanut, tree nuts, soy, wheat, mustard, sulphites, fish and shellfish. Introduce these foods at 6 months, one at a time, 2 days apart. Introduce these foods early and serve often. Delaying will not prevent an allergy.
- **Reduce the risk of choking.** Avoid feeding whole nuts, popcorn, gummy candies, marshmallows, hard candy or fish with bones. Cut round foods such as hot dogs and grapes lengthwise. Remove pits from fruit. Cook or grate hard vegetables and fruit. Spread sticky foods like nut butters thinly on a cracker or toast, not soft bread. Finely chop fibrous/stringy foods like celery and oranges.

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Meal & Snack Ideas for a 6-9 month old Baby



Sample Menu for a 6-9 month old

Breastfeeding is part of normal nutrition up to 2 years ... and beyond.

Time of Day	Sample Menu 1	Sample Menu 2	Sample Menu 3 (Vegetarian Option)
Early morning and on cue at anytime	Breastfeeding/breast milk	Breastfeeding/breast milk	Breastfeeding/breast milk
Morning	Breastfeeding/breast milk Iron-fortified infant cereal Mashed, cooked pears	Breastfeeding/breast milk Iron- fortified infant cereal Small pieces of ripe bananas	Breastfeeding/breast milk Iron- fortified infant cereal Unsweetened apple sauce
Morning Snack	Breastfeeding/breast milk Whole grain toast, cut into small pieces or strips	Breastfeeding/breast milk Whole grain o-shaped cereal	Breastfeeding/breast milk Full fat plain yogurt
Lunch	Breastfeeding/breast milk Iron-fortified infant cereal Scrambled egg Mashed, cooked sweet potatoes	Breastfeeding/breast milk Iron- fortified infant cereal Pureed or minced chicken Mashed peas	Breastfeeding/breast milk Mashed soft tofu Iron-fortified infant cereal Mashed, cooked squash
Afternoon Snack	Breastfeeding/breast milk Unsweetened stewed prunes, mashed	Breastfeeding/breast milk Ripe peaches, minced	Breastfeeding/breast milk Minced strawberries
Supper	Breastfeeding/breast milk Ground pork Cooked broccoli tops Minced whole wheat pasta	Breastfeeding/breast milk Canned, light tuna, mashed Shredded cheese Mashed, cooked carrots	Breastfeeding/breast milk Cooked quinoa Mashed baked beans Mashed avocados
Bedtime Snack	Breastfeeding/breast milk	Breastfeeding/breast milk	Breastfeeding/breast milk

*These menus are only a guideline. You can decide according to your convenience, availability of food, cultural preference, religious considerations, baby's development and skill set, and baby's cues.

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