



WHAT TO FEED YOUR BABY— A Sample Meal Plan (6-12 Months)

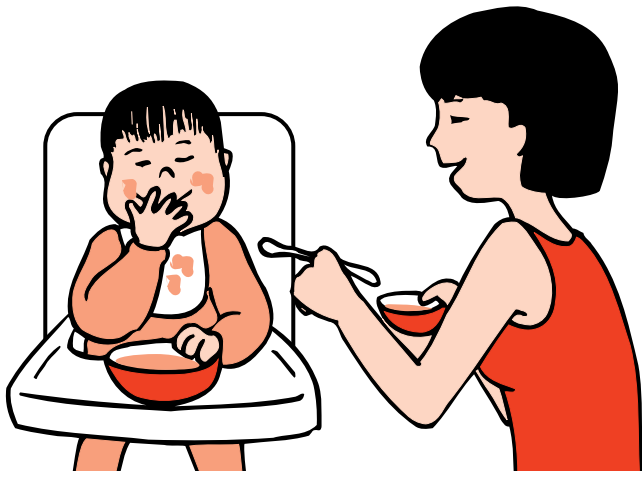
This is a sample plan to get you started. Let your baby decide how much to eat. Serving sizes are a guide only. Every baby is different. Start with a small serving and increase it as your baby wants more. Enjoy feeding your baby!

	6 months	7-9 months	9-12 months
Early morning	<ul style="list-style-type: none"> Breast milk* 	<ul style="list-style-type: none"> Breast milk* 	<ul style="list-style-type: none"> Breast milk*
Breakfast	<ul style="list-style-type: none"> Breast milk 1 tsp - 4 Tbsp. infant cereal mixed with breast milk, water or formula 	<ul style="list-style-type: none"> 2 - 4 Tbsp infant cereal mixed with breast milk, water, or formula 1 - 2 Tbsp soft fruit in small pieces Breast milk 	<ul style="list-style-type: none"> 4 - 8 Tbsp infant cereal mixed with breast milk, water, or whole milk Small pieces of toast 2 - 4 Tbsp soft fruit in small pieces Whole milk in a cup**
Morning snack	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Breast milk 2-4 Tbsp soft fruit in small pieces
Lunch	<ul style="list-style-type: none"> Breast milk 1 tsp - 4 Tbsp pureed or mashed fruits 1 tsp - 4 Tbsp pureed chicken or other meat 	<ul style="list-style-type: none"> 3 - 4 Tbsp mashed fish, chicken or meat 1 - 2 Tbsp mashed vegetables 1 - 2 Tbsp soft fruit in small pieces Breast milk 	<ul style="list-style-type: none"> 3-4 Tbsp small pieces of tofu, chicken or meat 2-4 Tbsp soft cooked or mashed vegetables 4-8 Tbsp infant cereal or pasta or rice Water in a cup
Afternoon snack	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Breast milk 	<ul style="list-style-type: none"> Breast milk 1-2 Tbsp small pieces of cheese
Supper	<ul style="list-style-type: none"> Breast milk 1 tsp - 4 Tbsp pureed or mashed vegetables 1 tsp - 4 Tbsp pureed chicken or other meat 	<ul style="list-style-type: none"> 3 - 4 Tbsp fish, lentils, tofu, meat, chicken, or beans 1 - 2 Tbsp mashed vegetables Breast milk 	<ul style="list-style-type: none"> 2-8 Tbsp cooked pasta or rice 3-4 Tbsp pureed fish, tofu, chicken, meat, or beans 2-4 Tbsp pieces of soft vegetables or fruit Water in a cup
Evening snack	<ul style="list-style-type: none"> Breast milk 1 tsp - 4 Tbsp infant cereal mixed with breast milk, water, or formula 	<ul style="list-style-type: none"> Breast milk 2 - 4 Tbsp infant cereal mixed with breast milk, water, or formula 	<ul style="list-style-type: none"> Breast milk Oat cereal "O's"

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

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

** When your baby is 9-12 months old and taking a variety of iron-rich foods, you can offer small amounts of whole (homogenized) milk.



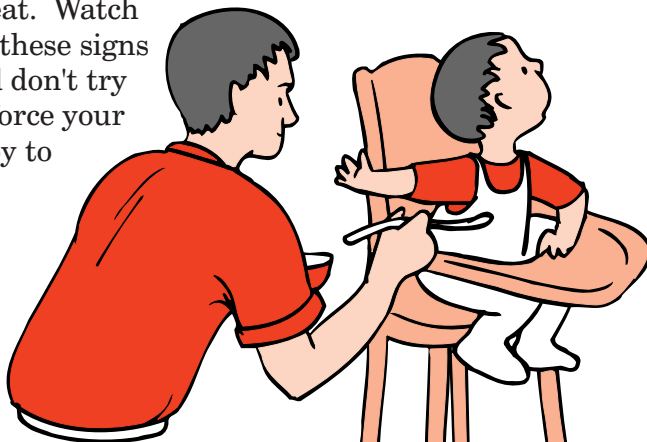
Tips for Feeding your Baby

Babies need to learn to eat solid food. Feed them at a time when they are happy and interested. Give your baby one new food at a time to be sure it is tolerated. Start the new food in small amounts like 1-3 teaspoons.

It is normal for them to want to touch the food - so expect some mess and have fun! By 9 months of age, feed your baby with the family at mealtimes.

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 try to force your baby to eat.



Illness/Getting New Teeth

When your baby is sick or has teeth coming, he may not want to eat much. Watch and listen to your baby. Do not try to force your baby to eat solids. Your baby should continue to drink fluids. If your baby is drinking less than normal, contact your Public Health Nurse or Doctor.

Breast Milk

Breast milk is best for babies. Give your baby breast milk for as long as possible. It is normal to breastfeed a baby until they are two or older.

Water and Juice

Water is good for your baby. It can be offered every day from a bottle or a cup. It is especially good on hot days or when your baby has a fever.

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 $\frac{1}{4}$ - $\frac{1}{2}$ cup (60-125mL) per day.



Iron

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

Other Fact Sheets in the Feeding Your Baby Series Include

- *Finger Foods*
- *How Much to Feed Your Baby*
- *Home Prepared Baby Foods*
- *Babies and Food Allergies*
- *Tasty Recipes for Your Baby*
- *Tasty Recipes for Your Baby with Food Allergies*

These fact sheets are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>

For more information:

Dietitian Services at HealthLink BC - Dial 8-1-1 to speak to a dietitian. Translation services are available in 130 languages. www.healthlinkbc.ca/dietitian/ or a Community Nutritionist or Public Health Nurse at Vancouver Coastal Health www.vch.ca

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

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