

Feeding Your Baby

6 to 12 months

Starting Food

- At around 6 months of age, babies are ready to eat. Offer foods high in iron 2 to 3 times a day. Examples are: meat, fish, poultry, eggs, beans, lentils and iron fortified infant cereal. After foods high in iron have been introduced there is no order for the introduction of other foods.
- Food textures to start with include soft, pureed, minced, shredded, chopped and finger food. A variety of textures need to be introduced before 9 months of age.
- It is recommended to continue breastfeeding for up to 2 years and beyond. Continue to give 10 µg (400 IU) of vitamin D per day until age 2 for babies receiving breastmilk.
- If you are using formula, continue formula until your baby is 9 to 12 months.
- Whole cow's or goat's milk can be introduced at 9 to 12 months. When introduced provide 500 ml (2 cups) per day and no more than 750 ml (3 cups) per day.



Safe Feeding

- Do not give your baby honey before 12 months of age. It can cause a serious type of food poisoning.
- It is safe to offer your baby peanut butter, eggs and seafood. Waiting to give these foods will not prevent food allergies. For those with a strong family history of allergy, consult your health care provider.
- Gagging is a normal reflex that helps prevent choking. Avoid foods that can cause choking such as nuts, popcorn, hard candies, whole grapes, hot dogs and raw or hard vegetables and fruit.

Family Meals

- It is important to eat together as a family at the table. Use Canada's Food Guide to plan family meals. Food marketed for babies and children are not necessary, babies should be offered family food.
- Your baby's appetite will change from day to day. Let your baby eat as much or as little as they want. Parents are responsible to choose food and drinks and babies choose how much to eat and drink.
- When baby decides not to eat the family meal, there is no need to prepare other foods. It is important to continue to offer family food even if your baby is refusing to eat a certain food. Accepting a new food can take some time.
- Let your baby self-feed using their fingers or a spoon. Provide help with feeding as needed.
- By 12 months of age, offer 3 meals and 1-2 snacks every day.
- Offer water to satisfy thirst. There is no need to provide juice. Never put your baby to bed with a bottle; liquids other than water can cause tooth decay.
- Offer water or milk in a cup without a lid so your baby can learn how to drink.



For more information

Contact your local Public Health Office
Please visit the Public Health website at:

www.gnb.ca/healthypeople



For information on feeding your toddler, refer to factsheet:
Feeding your toddler: 1 to 3 years

