

INTRODUCTION OF FOOD

What to introduce and in what order?



WHEN	WHAT
<p>AROUND 6 MONTHS these foods are preferably offered twice a day:</p> <p>Around 6 months, these foods are offered with iron-rich foods (in no particular order):</p> <p>TO COMPLEMENT, these can be offered if your baby is still hungry.</p>	<p>Iron-rich foods: MEAT</p> <ul style="list-style-type: none">• beef• fish• chicken <p>Cereal Products :</p> <ul style="list-style-type: none">• short pasta• toasted bread• pieces of whole-grain toast• buckwheat crackers• rice, orzo, quinoa, bulgur <p>Vegetables :</p> <ul style="list-style-type: none">• Cooked vegetables, cut in large soft pieces or pureed <ul style="list-style-type: none">• tofu• legumes• eggs• Iron-fortified infant cereals <p>Fruits:</p> <ul style="list-style-type: none">• Pureed fruits• Fresh fruit in very ripe or soft pieces• Frozen fruit, thawed• Canned fruit in its juice, rinsed and drained <p>Dairy products :</p> <ul style="list-style-type: none">• High fat plain yogurt• Firm cheeses made from pasteurized milk (e.g.: grated cheddar or mozzarella cheese)• Cottage cheese

<p>BETWEEN 9 AND 12 MONTHS</p>	<p>Cow's milk</p> <ul style="list-style-type: none">• Introduction of whole cow's milk (3,25% or 3,8%) in addition to breast milk or not• Maximum 750 ml of milk per day after 1 year of age, to protect baby from risk of anaemia from not getting enough iron from solid foods. <p>Please note: Fortified soy or oat beverages, unsweetened, may also be offered as an alternative to cow's milk. Meet with a health care professional if your baby cannot drink cow's milk or if you are planning to offer vegetable beverages. These beverages may not meet your baby's needs and may leave him or her vulnerable to deficiencies.</p>
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SPECIAL NOTE FOR THE INTRODUCTION OF ALLERGENS :

- From 6 months of age, the main allergens should be introduced into your baby's diet: eggs, wheat, milk, nuts, peanuts, soy, fish, shellfish, sulfites, sesame, mustard.
- When you introduce an allergen, you must keep it in your baby's diet for 3 days.
- After those 3 days, continue with another allergen. If you ever observe a reaction, it will be easier to identify the culprit!
- Once the allergen is introduced, continue to offer it to your baby to maintain tolerance to the allergen.
- Has your baby recently started to present symptoms such as: redness on the skin, swelling or patches around the mouth, sudden vomiting or blood in the stool? Stop introducing the potentially causing allergen and consult a health care professional.

EXAMPLE OF A ONE-WEEK MENU INTRODUCING ALLERGENS (*) :

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Apple puree Mashed eggs*	Apple puree Iron-enriched oat cereals	Mango puree Mashed eggs*	Mango puree	Crushed banana mixed with peanut butter*	Iron-fortified oat cereal prepared with peanut butter*	Mashed eggs* Apple puree
Lunch							Whole wheat* toast spread with a thin layer of peanut butter
Dinner	Broccoli puree Turkey puree	Broccoli puree Mashed eggs*	Turkey puree Carrot puree	Vegetable puree of your choice Iron-enriched oat cereal blend with peanut butter*	Lamb puree Broccoli puree	Lamb puree Sweet potato puree	Chicken puree Sweet potato puree