



Feeding Baby...

Introducing Solid Foods

Around six months, your baby is ready to learn how to eat family foods, including common food allergens, and drink from an open cup. Continue to breastfeed and/or bottle feed during this time.

Your baby is ready for solid foods when they can:

- sit up and hold their head steady
- lean forward and open their mouth wide to show they are hungry, and
- turn their head away to show they are full



Include your baby at family mealtimes even if they are not eating yet. Watching others helps them learn.

Different food textures help babies learn to swallow, chew and feed themselves.

Start with soft, easy textures. Offer other textures as soon as they are ready.

Change the texture and size to what your baby can eat to help prevent choking. Use a fork, knife, masher, grinder or blender.



Pureed
Ground



Lumpy
Mashed



Minced
Chopped



Shredded
Finger Food



Learning to eat is messy and fun!

Let your baby explore food and use their fingers to feed themselves.

Help them practice drinking from an open cup and using a spoon.



Be patient and remove distractions so they can eat at their own speed.

Stay calm and enjoy watching them learn to eat. Babies will sometimes gag or spit out food.

Offer a variety of nutritious foods from your family meals.

Iron-rich foods are important first foods. Offer foods such as well-cooked meats, eggs, fish, beans, lentils, and iron-fortified infant cereal twice each day.

Foods with vitamin C such as oranges, tomatoes, or broccoli, when eaten with iron-rich foods, help the body to use iron.

Prepare food using only a little or no added sugar or salt.

Work towards offering solid foods multiple times a day.



This resource was developed by SHA Public Health Nutritionists.

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