

# What Foods Should I Feed My Baby?



Babies can be fed solid foods at 6 months of age. They do not have the ability to pick up small foods yet (the pincer grasp - thumb and index finger). They do have the ability to fist grab their food, in the palm of their hand, so larger pieces, and long thin pieces are appropriate for the 6—9 month age range.



Toast is an ideal finger food for babies and toddlers. You can add nutritious toppings and it's easy to prepare, adding a variety of flavours to your baby's diet. Start with a bread that isn't too hard or chewy. Some great spreads are: peanut butter, sunflower butter, almond butter, Tahini (sesame seed paste), avocado with a squeeze of lemon or lime, cream cheese topped with finely chopped fruit, butter, hummus, mashed banana sprinkled with cinnamon, pesto, goat cheese, smashed hard boiled egg mixed with Greek yogurt, ricotta cheese mixed with any fruit or veggie puree (like pea or beet) and jam.



Iron rich foods should be included in baby's diet. Ground meat such as beef, chicken, lamb and pork are soft enough for baby. Eating bits of meat off a bone (with no sharp edges) is an option. Lentils, chickpeas and beans, salmon and tuna provide protein.



At 8-10 months change your baby's finger foods from sticks to small pieces because they can now pick them up. Keep them about the size of a chickpea. Foods like beans, blueberries, and peas, can be squished first to avoid choking hazards. Children should be supervised while eating.

