



Reliable Web-Based Resources for Infant Feeding

Health Canada's "Nutrition for Healthy Term Infants" webpage provides health professionals with evidence based infant nutrition recommendations:

Birth to six months

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php>

Six to 24 months

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>

The Government of Canada's Health portal gives a summary of the recommendations from birth to 24 months. Safe feeding tips and a sample menu for older infants and young children are also included.

<http://www.healthycanadians.gc.ca/healthy-living-vie-saine/infant-care-soins-bebe/nutrition-alimentation-eng.php>

The Government of Alberta's "My Health" website provides an overview of infant feeding and includes information on how to read baby's cues.

<http://myhealth.alberta.ca/health/healthy-living/pages/conditions.aspx?hwid=tn9212>

The Alberta Health Services' "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section on feeding your baby solid foods covers baby's first solid foods, food textures, finger foods, drinking milk, juice and water and oral health care. Tips on helping your baby enjoy new foods and learn healthy eating habits are included.

<http://www.healthyparentshealthychildren.ca/older-babies-6-to-12-months/eating/feeding-your-baby-solid-foods/>

The complete "Healthy Parents Healthy Children – The Early Years" book is available for download at:

http://www.applemag-digital.com/applemag/healthyparents_healthychildren_the_early_years?pg=1#pg1

Alberta Health Services' "Feeding Guide: Starting Solid Foods" provides information on types and amounts of foods to offer your baby.

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-guide-starting-solid-foods.pdf>

The Dietitians of Canada website has a series of factsheets with messages and tips for parents on feeding infants and toddlers 0-24 months.

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Infants/Feeding-Infants-and-Toddlers.aspx>

"Caring for Kids" is a Canadian Paediatric Society website. It has information on feeding your baby in the first year. Topics include what to offer and how much to feed, vitamin D, iron, allergies and developmental milestones related to feeding.

http://www.caringforkids.cps.ca/handouts/feeding_your_baby_in_the_first_year

The "Best Start Resource Centre" website provides evidence-based resources for new parents.

<https://www.beststart.org>

Health Canada's "First Solid Foods for First Nations: A Guide to Making Your Own Baby Food" booklet will help workers teach parents everything they need to know about introducing solid foods; what, when, and how much to feed their baby, and how to make baby food!

http://publications.gc.ca/collections/collection_2017/sc-hc/H29-60-2016-eng.pdf

The Ellyn Satter Institute website provides evidence-based information and resources for professionals and the public on feeding and eating.

<https://www.ellynsatterinstitute.org>

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