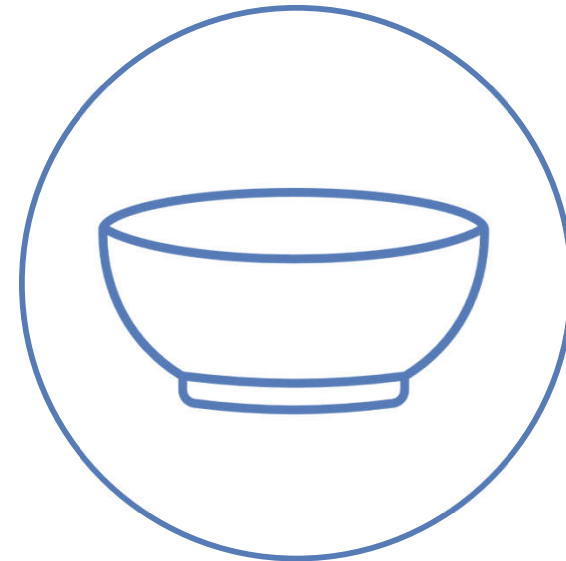


Introducing Complimentary (Solid) Foods

Jessica Dugan, Dietetic Intern
Indigenous Services Canada





Introducing Solid Foods



Introducing Liquids



Division of Responsibility



Picky Eaters



Introducing Solid Foods



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At what age should complementary (solid) foods be introduced?

4 months

6 months

9 months



?

At what age should complementary (solid) foods be introduced?

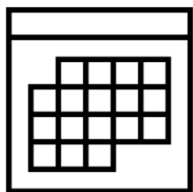
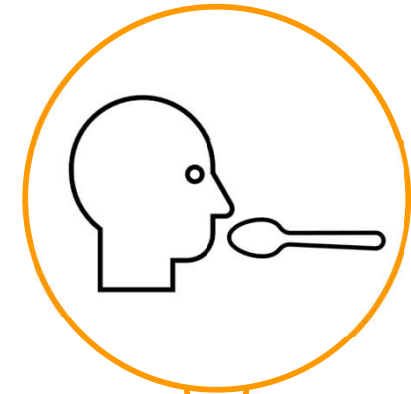
4 months

6 months

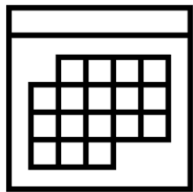
9 months

Introducing Complimentary Foods

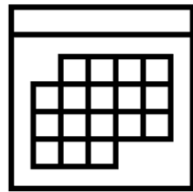
- Complimentary foods are introduced at **6 months of age**
- Signs of readiness
 - Sits independently with good head and neck control
 - Able to hold food in mouth
 - Shows interest in eating and exploring foods when hungry



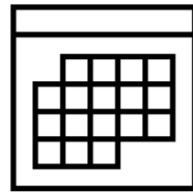
Month 1



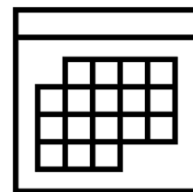
Month 2



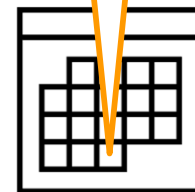
Month 3



Month 4



Month 5



Month 6

Risks of Delaying Complimentary Food Introduction

past 6 months of age



Low iron



Low zinc



Problems with new textures



Unwilling to try new foods

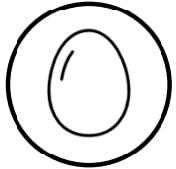


Weaker physical skills



Growth problems

How to Introduce Complimentary Foods



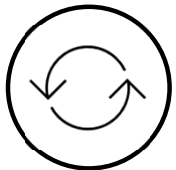
Introduce iron rich foods first



Introduce one new food every two days



Offer foods slowly in small amounts (1-3 tsp)



Baby may need repeated exposure to a food before accepting



Allow baby to see, touch, and play with food

How Much Food?

- Infant appetite will guide the amount of food they eat
 - Signs of Hunger: opening mouth, leaning towards food, interest in food
 - Signs of Fullness: closing mouth, turning head away from food, pushing food away
- Tracking growth and counting wet diapers will show how well baby is eating in the first 2 years of life

How Often?

- Infants 6-7 months
 - Offer solid foods 1-3 times per day
- Infants 8-9 months
 - Offer solid foods 3-5 times per day
- Infants 10-12 months
 - Offer solid foods at 3 regular meals + 2-3 snacks per day

Iron Rich Foods

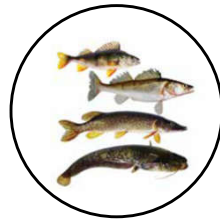
- Start by introducing iron rich foods first
 - 6-12 months old – offer 1-3 iron rich foods per day
 - 12+ months old – offer iron rich foods at every meal
- Examples of iron rich foods:



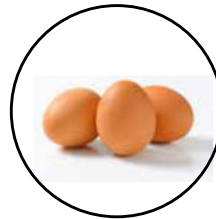
Meat*



Poultry*



Fish*



Eggs*



Beans



Infant Cereals

- Plant based foods alone cannot provide enough iron to meet needs during the first 2 years of life

Variety of Nutrients



Vegetables
& Fruits



Whole Grain
Products



Protein Foods &
Milk Products

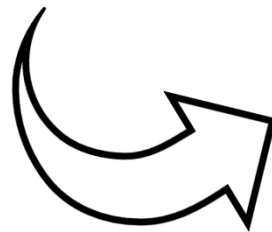


Practice Healthy Eating

- Provide regularly scheduled, nutritious meals and snacks
- Offer foods with different tastes and colors
- Do not limit fats for children under 2 years old as energy needs are high and fat is important for healthy growth.
- Choose foods lower in added sugar and lower in salt to help children learn the food's natural flavour

Homemade Infant Foods

- Infant foods may be **purchased at the store** or **made at home**
- Making infant foods at home may be helpful because of:
 - More traditional foods
 - Different types of textures and flavors
 - May cost less than store bought infant foods
- **First Solid Foods for First Nations** is a helpful resource for clients looking to make texture appropriate foods at home





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At 6 months, is it safe to introduce common allergen foods such as fish, eggs, wheat, soy, peanut butter?

Yes

No



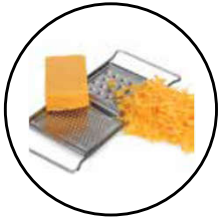
?

At 6 months, is it safe to introduce common allergen foods such as fish, eggs, wheat, soy, peanut butter?

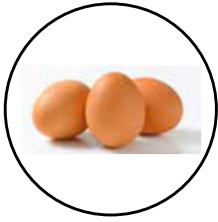
Yes

No

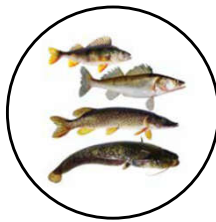
Do not delay introducing allergen foods.



Cow Milk
Products



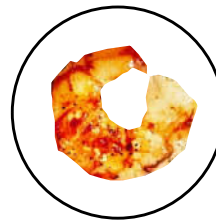
Eggs



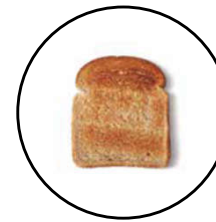
Fish



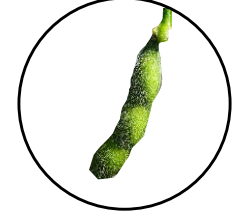
Nuts



Seafood



Wheat



Soy

- Delaying the introduction of these foods **does not prevent food allergies**
- Waiting to introduce these foods may increase overall risk of food allergies



?

At 6 months, is it safe for baby to eat honey?

Yes

No



?

At 6 months, is it safe for baby to eat honey?

Yes

No

Foods to Avoid

- Honey
- Raw egg
- Raw or undercooked meat, poultry, fish
- Unpasteurized dairy products
- Hard candies, nuts, seeds, gum

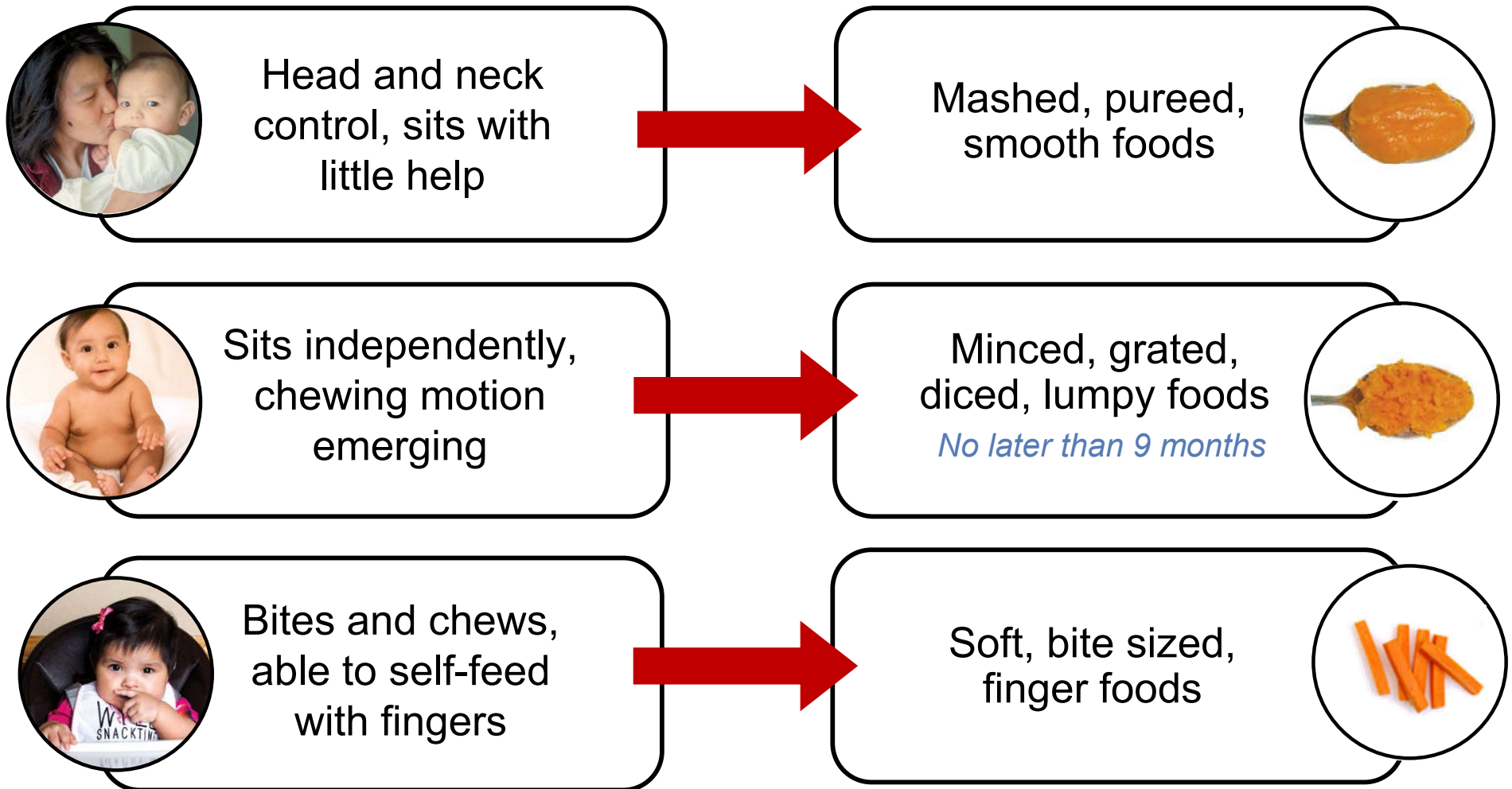


Foods to Limit

- Fish containing higher amounts of mercury should be limited
- This includes all types of tuna, shark, swordfish, escolar, marlin, orange roughy
- Choose **canned light tuna** as it is lower in mercury
- 6 – 12 months old → 40 g/month (approximately 1/4 cup)
- 1 – 4 years old → 75 g/month (1/3 cup)



Self Feeding Skill Development



Baby-Led Weaning

- At 6 months old, baby will select and self feed soft finger foods early on.



Advantages

- Baby can eat what the rest of the family is eating from a young age
- May help baby to be a less picky eater



Caution

- Higher risk of choking
- Iron intake may be low due to limited food options baby can self-feed



New textures are MESSY!

Gagging is a natural reflex when children are learning to eat.
Eating will be messy as children develops self-feeding skills.



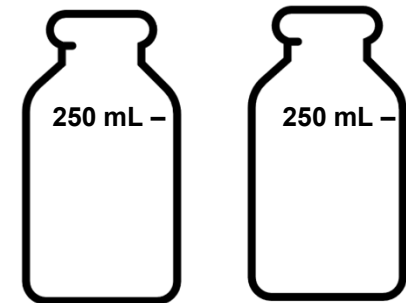
Introducing Liquids

Introducing Milk

- **Breastfeeding** – may continue past 2 years of age
- **Formula feeding** – not recommended past 12 months of age
- Around 9-12 months when an infant is eating many iron-rich foods daily, parents can choose to replace commercial infant formula with:

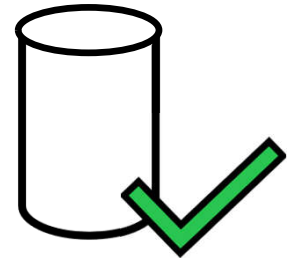
Pasteurized Whole (3.25%) Cow Milk

- **Whole or homogenized milk (3%)** is recommended for children under 2 years
- Skim, 1%, or plant-based milks are not suitable for children under 2 years
- Limit milk to 500 mL (2 cups) per day to prevent milk from replacing other nutritious foods



Drinking From An Open Cup

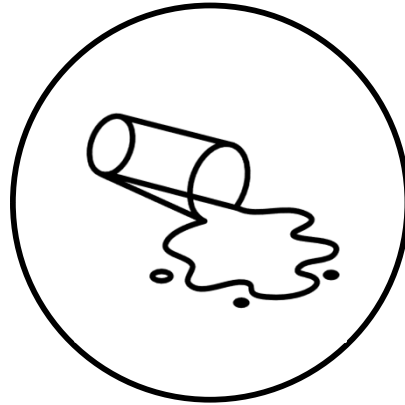
- Drinking fluids from an open cup is to be encouraged at **6-9 months of age**
 - ✓ Reduces nighttime bottle use and risk of tooth decay
 - ✓ Promotes oral skill development
 - ✓ Promotes motor skill development
- Offer **water** or **milk** in a small amount from a small open cup
- This process will be messy
- Gagging is a natural reflex as infants are learning to swallow
- Gagging is different than choking



Other Liquids

- Encourage **water** or **whole milk** as the drink of choice
- 100% vegetable or fruit juice *may* be offered as a maximum serving of ½ cup (125 mL) per day or *may* be used to help manage constipation
- Rice, almond, or other plant-based beverages are **not suitable** for children under 2 years of age
- Tea, coffee, lemonade, punches, pops and sport drinks are to be **avoided**

- ✓ **Water**
- ✓ **Whole Milk**
- ! Juice
- ✗ Plant-based beverages
- ✗ Tea, coffee, lemonade, punches, pop, sport drinks



Learning to use a cup is **MESSY!**

Gagging is a natural reflex when children are learning to drink.

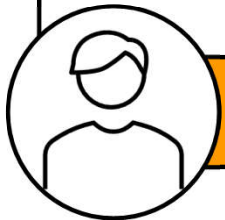
Drinking from an open cup will be messy as children develop hand and mouth coordination.



Division of Responsibility

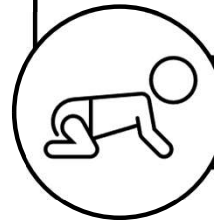
Division of Responsibility – Ellyn Satter

Provide nutritious foods (**what**) and a healthy mealtime environment (**where**)



Caregiver's Role

Decides **how much**, **when** and **whether** to eat the foods provided

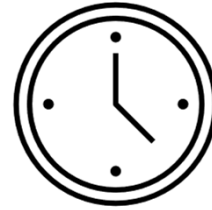


Child's Role

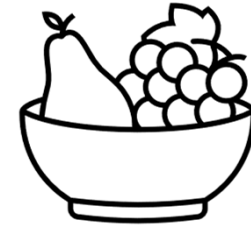
Healthy Eating Environment



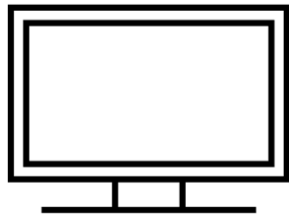
Family Mealtimes



Time to Eat



Food Variety



No Screens



Avoid Over-Encouragement
or Bribing



Do Not Use Food to
Punish or Reward



Picky Eaters

Picky Eaters



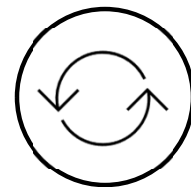
Children may use food selection to express their growing independence



Pressuring children to eat certain foods can reduce acceptance
Avoid using foods as a punishment, bribe or reward



Provide the child the same foods the family is eating
Child will learn to like the foods they are exposed to



Repeated exposure to a food will likely be needed as the infant experiences new flavors, textures, shapes and colours.

Picky Eaters – Repeated Exposure

Infants may test new foods in many ways:

- Touching food
- Playing with food
- Tasting food
- Spitting out food
- Only eating part of the food



It is **normal** for infants and children to need to see, touch, and taste a food many times before they choose to accept it.



Picky Eaters – Tips for Success

- Include children in the kitchen as appropriate
- Introduce new foods at breakfast when your child is usually the most hungry
- Give children the option to choose between two foods
Example: Offer peas and carrots to choose between at a meal.
- Serve drinks after a meal to avoid decreasing a child's appetite
- Set an example by eating many different healthy foods

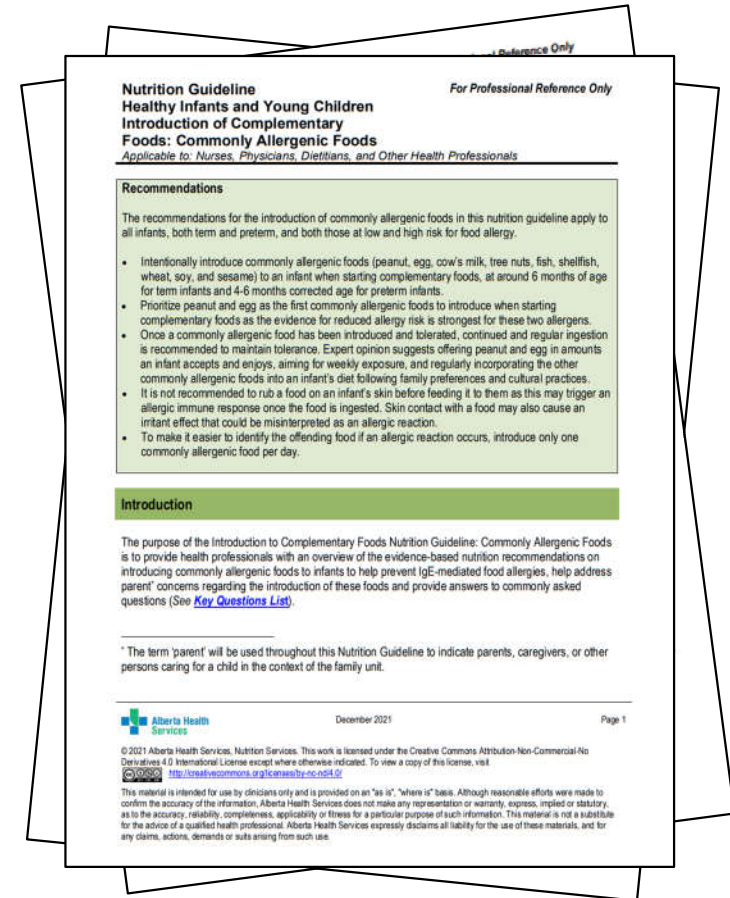


Resources

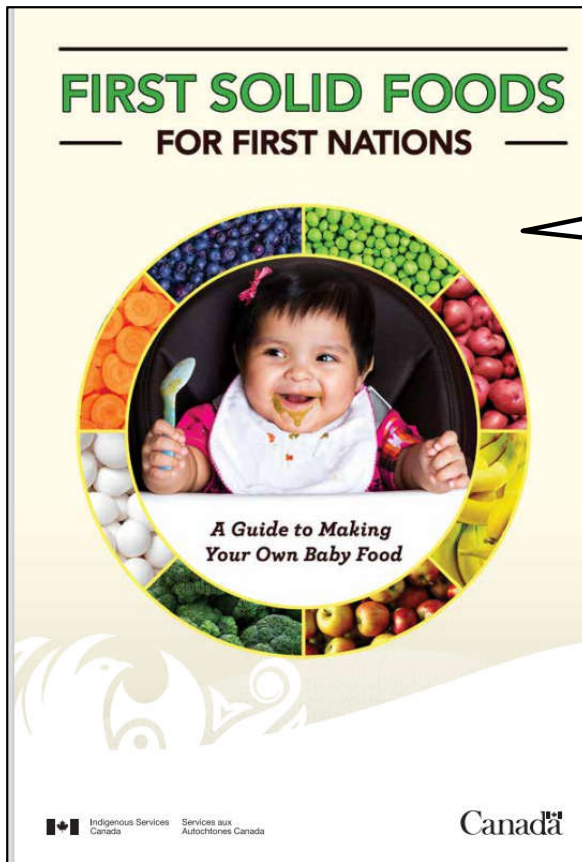
Complimentary Foods Resources – Professional Use

Alberta Health Services: Nutrition Guidelines

- Introduction of Complementary Foods
- Introduction of Complementary Foods for Preterm Infants
- Introduction to Commonly Allergenic Foods
- Healthy Feeding Relationship



Complimentary Foods Resources – Client Use



First Solid Foods for First Nations

- Information on introducing solid foods
- Tips on making homemade infant foods
- Texture-appropriate recipes

Alberta Health Services Resources

- Starting Solid Foods: Around 6 Months
- Feeding Guide: Starting Solid Foods
- Iron Foods for Children Ages 1 and Up

Host a Class: Making Homemade Infant Foods

Check out our toolkit on how to host a class about making infant foods at home.

ISC INDIGENOUS SERVICES CANADA

Making Baby Food

CPNP 101
Nutrition Advisory Team, FNIHB

Mashed Vegetables
pissatsi'nsinaan tiipikkaahki'p
Nuhneehlaaze naatliso'

Makes 2 cups

16 ice cube servings

Food Group:
Vegetables and Fruit

Ingredients
4 cups (1 L) frozen vegetables or fresh vegetables, peeled and cut into chunks
½ cup (125 ml) water

This recipe works for fresh or frozen green beans, squash, sweet potato, turnip, mixed vegetables, broccoli, cauliflower, peas and carrots.

Complimentary Foods Resources – Client Use



Baby Feeding Timeline Game

Thank you!