

Complimentary Feeding Resources – Professional Use

Introduction to Complimentary Foods

This resource for professional use provides information on the introduction of solid foods including – types of foods to introduce, types of beverages to introduce, how to introduce new foods and texture progression.

[Nutrition Guideline Healthy Infants and Young Children Introduction of Complementary Foods \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/nutrition-guideline-healthy-infants-and-young-children-introduction-of-complementary-foods)

Introduction to Complimentary Foods in Preterm Infants

This resource for professional use addresses questions related to the introduction of complimentary foods for premature infants.

[Nutrition Guideline Healthy Infants and Young Children Introduction of Complementary Foods for Preterm Infants \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/nutrition-guideline-healthy-infants-and-young-children-introduction-of-complementary-foods-for-preterm-infants)

Introduction of Commonly Allergenic Foods for Infants

This resource for professional use provides information on the introduction of commonly allergenic foods for infants at high and low risk of developing allergies.

[Nutrition Guideline: Introduction to Commonly Allergenic Foods \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/nutrition-guideline-introduction-to-commonly-allergenic-foods)

Healthy Feeding Relationship

This resource for professional use provides information on how to encourage the development of a healthy feeding relationship between parent and child.

[Nutrition Guideline Healthy Infants and Young Children: Healthy Feeding Relationship \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/nutrition-guideline-healthy-infants-and-young-children-healthy-feeding-relationship)

Complimentary Feeding Resources – Client Use

First Solid Foods for First Nations

A guide on introducing solid foods, making and storing your own baby foods and recipes.

[First Solid Foods ISC Cookbook 2019.pdf \(onehealth.ca\)](#)

AHS – Starting Solid Foods: Around 6 Months

A summary document on how to introduce solid foods to baby around 6 months of age. This document covers what types of foods and beverages to introduce, texture progression, and developing a healthy feeding relationship. July 2015.

[Starting Solid Foods: Around 6 Months \(onehealth.ca\)](#)

AHS – Feeding Guide: Starting Solid Foods

This document provides information on the types of solid foods to introduce to baby and how to support adequate nutrition as foods are introduced. July 2015.

[Feeding Guide: Starting Solid Foods \(onehealth.ca\)](#)

AHS – Iron Foods for Children Ages 1 and Up

This document provides simple pictures and information on iron-rich foods appropriate for infants age 1 year and older. July 2018.

[Iron Foods for Children Ages 1 and Up \(onehealth.ca\)](#)

FNIHB Iron Foods

This resource provides a visual representation of iron-rich foods and recommendations for pregnancy.

Video: Feeding Cues – Trust Me, Trust My Tummy

This video resource by Toronto Public Health provides an overview of infant feeding cues, tips for introducing solid foods and advice on establishing a healthy feeding relationship (15:01 minutes).

[Feeding Cues - Trust Me, Trust My Tummy - YouTube](#)

Baby Feeding Timeline Game

A game developed by FNIB and distributed to communities to help teach the feeding timeline to clients. One game was distributed to each First Nation community in Alberta.
