

# Infant Feeding Key Messages for Professionals

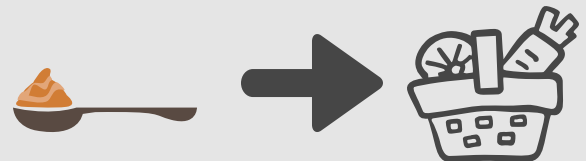


**Start offering solid foods at around 6 months, when all signs of readiness are present**

- **Iron rich foods first**



- **Serve a variety of textures**



- **Continue to provide breastmilk or formula**

## **Signs of Readiness at around 6 months:**

- **Hold their head up**
- **Sit up and lean forward**
- **Let you know when they are full**
- **Pick up food and try to put it in their mouth**

**For infants at high risk for allergic disease, it is recommended that commonly allergenic solids be introduced at around 6 months of age, guided by the infant's developmental readiness for food.**

At six months of age, breast milk is still the most important food but solid foods provide a variety of nutrients, flavours, and textures for your baby. Iron-rich foods are needed at around six months of age to help your baby continue to grow and develop. Having different textures is important to help your baby learn to chew.

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## High Risk Allergens

- Dairy
- Peanuts
- Tree nuts
- Egg
- Wheat
- Fish
- Shellfish
- Soy
- Sesame
- Mustard

### Infants at increased risk of allergic disease:

- a personal history of atopy, including eczema, or
- a first-degree relative with atopy (e.g., eczema, food allergy, allergic rhinitis, or asthma).

- Allergenic foods should be introduced one at a time, to gauge reaction.
- If an infant appears to be tolerating a common allergenic food, advise parents to offer it a few times a week to maintain tolerance.

### Recommended Resources:

- Best Start's Feeding Your Baby: 6 Months to 1 Year (booklet)  
[foodandhealthtoday.com/store/](http://foodandhealthtoday.com/store/)
- Food Before One is More Than Fun (presentation and print resources for professionals)  
[www.publichealthgreybruce.on.ca/Your-Health/Eating-Well/Resources-for-Parents](http://www.publichealthgreybruce.on.ca/Your-Health/Eating-Well/Resources-for-Parents)

