

# First Foods

Around 6 months old, babies need solid foods for their brain and body to grow and develop. Offer all foods in a texture and size that matches your baby's ability to chew and swallow. Continue feeding the usual amount of breastmilk or formula.

## Start with an iron rich food that is not a common food allergen

Include a food with iron each time you offer solid food.

### Foods with Iron

These foods have the most iron (iron rich)



**baby cereal with iron**



**beef, deer,  
moose, elk**



**lentils and dried beans**

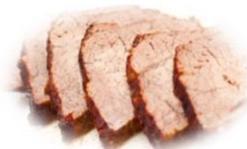
Other foods with iron



**chicken and turkey**



**peas**



**pork**

**After your baby has tried an iron rich food, start to offer common food allergens and other healthy foods. (next page)**

## How to introduce common food allergens

Babies who start to eat common food allergens, like peanut and egg, around 6 months old, may have fewer allergies to these foods.

- Try only 1 new common allergen per day. If your baby has an allergic reaction, it is easier to tell which food caused the reaction.
- Make sure your baby will be awake for 2 hours after feeding the allergen to watch for a possible allergic reaction.
- If there are no signs of allergy, keep offering the food often.
- Do not rub the food on your baby's skin to test for allergic reactions. The best way to prevent food allergies is to have your baby eat the food.

### Common food allergens

Foods with iron



egg



peanut



sesame



shellfish and fish



soy



tree nuts



cow's milk products



wheat

## Other healthy foods

Serve other healthy foods like vegetables and fruits, grain foods, and protein foods along with **foods with iron** and **common food allergens**.

Other than waiting 1 day between new common food allergens, there is no need to wait between new foods.

# Ideas to offer common food allergens in a safe texture

Try these first and offer weekly.

## Egg

- scrambled eggs
- egg bites
- quiche

## Peanut

- peanut butter thinned with breastmilk, formula, or yogurt
- ground peanuts in cooking or baking

Try these next if they are foods your family eats. Offer every time your family eats them.

## Cow's milk products

- plain yogurt
- cottage cheese
- milk in baking and cooking

## Sesame

- hummus (made with tahini)
- sesame seeds in cooking or baking

## Shellfish & Fish

- fish balls
- imitation crab
- salmon cakes

## Soy

- tofu
- soy beverage in baking and cooking

## Tree nuts\*

- tree nut butter thinned with breastmilk or formula
- ground tree nuts in cooking or baking

## Wheat

- wheat baby cereal
- flour in baking
- puffed wheat
- couscous

\*Tree nuts include: almonds, Brazil nuts, cashews, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts

## Allergic reactions

The chance of a severe reaction in babies is low, especially the first time they eat the food. An allergic reaction usually happens within minutes but can be a few hours after eating the food.



**Stop giving the food** if your baby has any of these reactions:

- hives
- face swelling
- vomiting
- can't stop crying



**Call 911** or go to a hospital if your baby has any of these severe reactions:

- trouble swallowing
- trouble breathing
- a limp body
- skin turning blue

Use [allergycheck.ca](https://allergycheck.ca) to see if reaction is likely due to a food allergy.

Get advice from Health Link (call 811) or your doctor.