

Feeding Babies

A guide to nutrition information for yourself and your baby.

Breastfeeding

- [Breastfeeding Basics](#)
- Some herbal teas may not be safe when breastfeeding. Talk with your healthcare provider or call Health Link at 811 before consuming herbal teas or herbal products.
- While breastfeeding take a daily multivitamin that has 0.4 mg (400mcg) of folic acid and 400 IU of vitamin D.
- [Book a free appointment with an AHS lactation consultant](#)

Infant Formula

- [Safe Preparation of Powdered Infant Formula](#)
- [Safe Preparation of Infant Formula from Liquid Concentrate](#)
- [How Much Infant Formula to Prepare for Baby](#)

Baby's First Foods

Iron Rich Foods

Start with iron rich foods!



Click on the handout to learn more about iron for babies.

Common Allergen Foods

Introduce common food allergens like peanuts and eggs early and often to help prevent food allergies. Visit foodallergy.ca for more information.



Think your child might have an allergy? Use AllergyCheck.ca to find out.



Foods for Baby



- [Feeding Guide: Starting Solid Foods](#)
- [Starting Solid Foods: Around 6 Months](#)
- [What, When and How Much Food to Offer](#)
- [Using a Cup](#)

- [Making Baby Food](#)
- [Iron-Fortified Infant Cereal Pancake and Biscuit Recipes - Finger Foods for Babies & Toddlers](#)
- [Offer a variety of foods from Canada's Food Guide](#)



Scan the QR code with phone camera or app to go directly to the electronic version of this handout.
Or visit bit.ly/feedingbabiesresources



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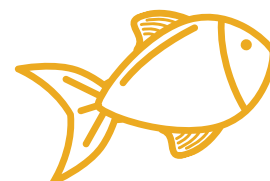
All babies & children need a 400IU vitamin D supplement every day. Learn more [here](#).

Vitamin D for Babies and Children	
Why do babies and children need Vitamin D?	Food sources of vitamin D
Vitamin D is made only in the body. In most infants, it is made from the sun. Children are at risk of vitamin D deficiency if they do not get enough vitamin D.	Vitamin D is found only in fish. About 2 to 17 grams of fatty fish or 2 cups (496 mL) of fortified plant-based beverages will provide about 200 IU of vitamin D.
Vitamin D from the sun	How much vitamin D do babies and children need?
Our bodies can make vitamin D when our skin is exposed to sunlight during the summer months. However, only our previous fat storage reserves and any new fat being made in the body's soft tissue can be used to make vitamin D. Children are at risk of vitamin D deficiency if they do not get enough vitamin D.	
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Choose Low Mercury Fish

Fish is a soft protein food that is ideal when starting your baby on solids. A list of low mercury fish choices can be found at unlockfood.ca

Not sure if you should eat fish you caught in Alberta? Check the [AB Fish Advisory](#)



Feeding Babies Video Series: bit.ly/feedingbabiesvideos

Watch our series of 3-5 minute videos on a variety of feeding topics! Click here for the full playlist.



- Baby-Led Weaning
- Drinks for Baby
- Ready for Solids
- First Foods
- Infant Formulas
- Making Baby Food
- Nutrition while Breastfeeding
- Preventing Food Allergies
- Feeding Relationship
- Texture Progression

Additional Resources

Websites

- [Healthy Eating Starts Here](#)
- [AHS Nutrition Handouts](#)
- [Healthy Parents, Healthy Children](#)

Nutrition E-Newsletters

- **Nutrition for Littles:** Receive nutrition information 6 times per year geared specifically to Child Care Educators.
- **Nutrition Times:** A monthly newsletter on a timely nutrition topic.
- **Nutrition Class Updates:** Bi-monthly updates on our upcoming classes.



Watch our pre-recorded feeding babies class [here](#).

Feeding Babies Classes: Register for our [online](#) or [in-person](#) classes today.

- Email: PublicHealthNutrition.SouthZone@ahs.ca
- Call 811 and ask to speak to a dietitian
- To book a free appointment in your area go to: ahs.ca/Nutrition

