



# Health Canada recommends meat and meat alternatives for baby's first foods

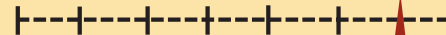
## Baby's Iron Stores



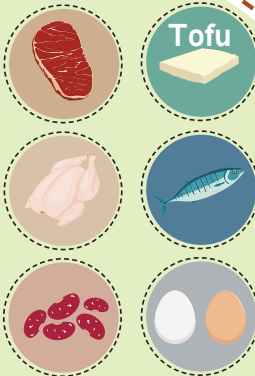
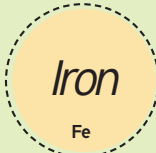
Newborn



6 months



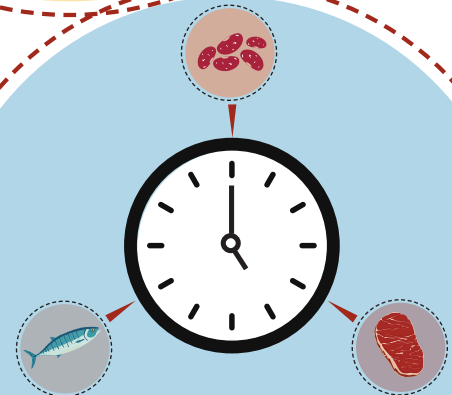
At 6 months, baby's iron stores run **low** and they need to get iron from food. **Baby needs iron for optimal brain development and growth.**



Meat and meat alternatives are ideal iron-rich first foods for baby.

To make iron-rich food for baby, **modify the texture** of the meat and alternatives you eat.

*6 months*  
blend | Smooth  
finely chop | Mince  
rough chop | Bite-Size Pieces  
*9 months +*



Baby needs a variety of **iron-rich foods**. Serve them **2 or more times** per day.

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for tips and iron-rich meal ideas

Always follow the feeding advice given by your health care provider.