

Baby's first foods



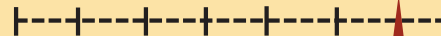
Baby's Iron Stores



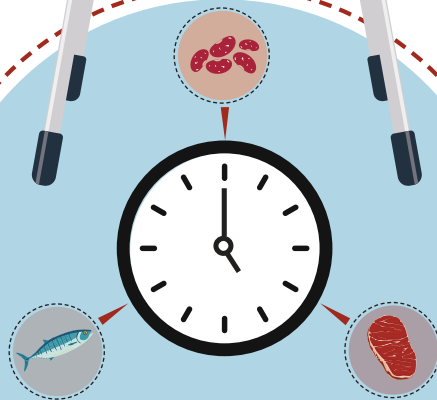
Newborn



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.**

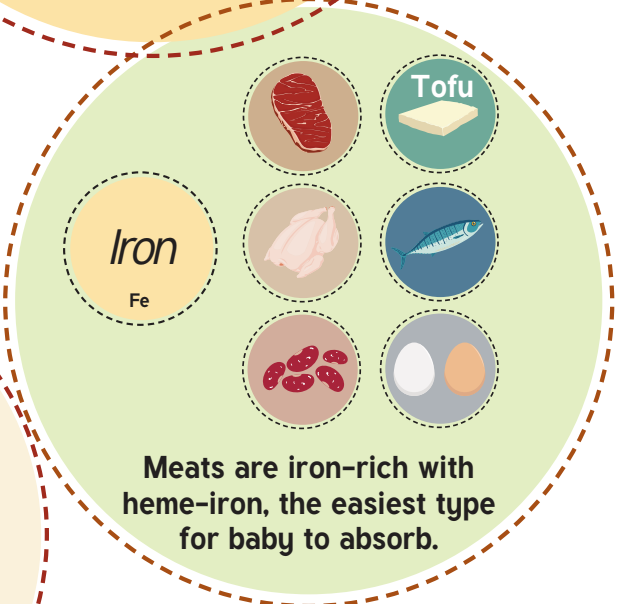


Baby needs a variety of **iron-rich foods**. Serve them **2 or more times** per day.



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

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



Meats are iron-rich with heme-iron, the easiest type for baby to absorb.

THINKBEEF 
for tips and iron-rich meal ideas

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

Reference: Nutrition for Healthy Term Infants; Recommendations from Six to 24 Months, Health Canada, A joint statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada, Health Canada, 2012.