



## Sample Menus for Baby

### Formula

**Exclusive breastfeeding is recommended for the first 6 months of life. At 6 months of age you can begin to introduce solid foods while continuing to breastfeed on cue up to two years and beyond.**

This information is prepared for parents and caregivers who have made an informed decision to provide formula to their full-term healthy baby. Speak to your health care provider if your baby was born prematurely. If you need more information about feeding your baby, please call 519-426-6170 Ext. 3237.

#### Tips for parents and caregivers:

- These menus are only a guide. Your baby may eat foods at different times. Follow your baby's cues to decide when to feed him or her.
- If your baby is not breastfed or given expressed breast milk, infant formula should be given until 9-12 months of age.
- Formula and breast fed babies can be given homogenized cow's milk (3.25% M.F.) between 9 and 12 months if they are eating a variety of foods, including at least two iron-rich foods every day.
- At 12 months of age you can begin to establish a schedule of meals and snacks. Let your child decide how much they want to eat from the food you offer.
- At 6 months of age your baby can be offered tap or bottled water if he/she seems thirsty. Offer water in an open cup to promote mature drinking skills. Do not give distilled, carbonated, or mineral water.

TIME OF DAY	7 MONTHS	11 MONTHS	17 MONTHS
<b>Early morning and on cue at any time</b>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> </ul>	
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Iron-fortified infant cereal</li> <li>• Mashed strawberries or other soft fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Iron-fortified infant cereal</li> <li>• Strawberries, chopped</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Iron-fortified infant cereal</li> <li>• Apple sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked oatmeal</li> <li>• Blueberries cut in halves</li> <li>• Egg, scrambled</li> <li>• Breastfeed or homogenized (3.25% M.F.) milk</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Whole grain toast</li> <li>• Smooth nut butter thinly spread on toast</li> <li>• Banana, sliced</li> <li>• Breastfeed or homogenized (3.25% M.F.) milk</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Whole grain toast, cut into small pieces or strips</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain bread, cut into strips, with soft margarine</li> <li>• Unsweetened stewed prunes, pureed</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Whole grain and fruit muffin</li> <li>• Carrot, grated</li> </ul>	<ul style="list-style-type: none"> <li>• Unsweetened o-shaped oat cereal</li> <li>• Canned fruit cocktail in juice</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Whole grain tortilla</li> <li>• Cheese, grated</li> <li>• Mango, chopped</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Iron-fortified infant cereal</li> <li>• Hard-boiled egg, mashed, minced, or grated</li> <li>• Cooked and mashed sweet potato or other vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Chicken, chopped</li> <li>• Steamed brown rice</li> <li>• Cooked broccoli, chopped</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Breastfeed or formula</li> <li>• Canned salmon, mashed</li> <li>• Sweet potato, mashed</li> <li>• Green peas, cooked soft, mashed</li> </ul>	<ul style="list-style-type: none"> <li>• Baked beans</li> <li>• Whole wheat crackers</li> <li>• Red and green peppers, cut in strips</li> <li>• Cantaloupe or honeydew melon, diced</li> <li>• Breastfeed or homogenized (3.25% M.F.) milk</li> </ul> <p>Or:</p> <ul style="list-style-type: none"> <li>• Cooked quinoa</li> <li>• Chopped chicken</li> <li>• Carrot and cucumber, grated</li> <li>• Soft pear, sliced</li> <li>• Breastfeeding or homogenized (3.25% M.F.) milk</li> </ul>

TIME OF DAY	7 MONTHS	11 MONTHS	17 MONTHS
<b>Snack</b>	<ul style="list-style-type: none"> <li>Unsweetened stewed prunes, pureed</li> </ul>	<ul style="list-style-type: none"> <li>Hard-boiled egg, chopped</li> <li>Whole grain bread, cut into strips</li> </ul> Or: <ul style="list-style-type: none"> <li>Soft tofu, mashed</li> <li>Blueberries, cut in halves</li> <li>Unsalted crackers</li> </ul>	<ul style="list-style-type: none"> <li>Soft pear, sliced</li> <li>Plain rye crackers</li> </ul> Or: <ul style="list-style-type: none"> <li>Unsweetened o-shaped oat cereal</li> <li>Fresh plum, sliced</li> </ul>
<b>Supper</b>	<ul style="list-style-type: none"> <li>Breastfeed or formula</li> <li>Ground or finely minced plain, dark chicken or other meat</li> <li>Cooked and mashed broccoli or other vegetable</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeed or formula</li> <li>Lean pork roast, chopped</li> <li>Whole wheat pasta</li> <li>Cooked carrots, mashed</li> <li>Banana and strawberries, chopped</li> </ul> Or: <ul style="list-style-type: none"> <li>Breastfeed or formula</li> <li>Trout or char, deboned, flaked</li> <li>Steamed brown rice</li> <li>Cooked green peppers, chopped</li> <li>Canned peaches, chopped</li> </ul>	<ul style="list-style-type: none"> <li>Steamed brown rice</li> <li>Stewed beef, chopped</li> <li>Carrots, cooked, diced</li> <li>Steamed broccoli, chopped</li> <li>Canned peaches in juice, diced</li> <li>Breastfeed or homogenized (3.25% M.F.) milk</li> </ul> Or: <ul style="list-style-type: none"> <li>Poached fillet of sole, deboned</li> <li>Roasted potato, chopped</li> <li>Steamed broccoli and cauliflower, chopped</li> <li>Fruit cocktail in juice</li> <li>Breastfeed or homogenized (3.25% M.F.) milk</li> </ul>
<b>Evening and nighttime</b>	<ul style="list-style-type: none"> <li>Breastfeed or formula</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeed or formula</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain muffin</li> <li>Mango or soft fruit, chopped</li> <li>Breastfeed or homogenized (3.25% M.F.) milk</li> </ul> Or: <ul style="list-style-type: none"> <li>Plain yogurt</li> <li>Grapes, cut in halves</li> <li>Breastfeed or homogenized (3.25% M.F.) milk</li> </ul>

**Where Can I Find More Information?**

Haldimand-Norfolk Health Unit  
www.hnhu.org

Eat Right Ontario  
www.eatrightontario.ca

Speak with a Registered Dietitian for free by calling 1-877-510-510-2

Sample menus are a reproduction of Health Canada's Nutrition for Healthy Term Infants: Recommendations from six to 24 months available at <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>

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