## 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

<table>
<thead>
<tr>
<th>TIME OF DAY</th>
<th>7 MONTHS</th>
<th>11 MONTHS</th>
<th>17 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning and on cue at any time</td>
<td>Breastfeed or formula</td>
<td>Breastfeed or formula</td>
<td>Cooked oatmeal</td>
</tr>
<tr>
<td></td>
<td>Iron-fortified infant cereal</td>
<td>Iron-fortified infant cereal</td>
<td>Blueberries cut in halves</td>
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<tr>
<td></td>
<td>Mashed strawberries or other soft fruit</td>
<td>Strawberries, chopped</td>
<td>Egg, scrambled</td>
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<tr>
<td></td>
<td></td>
<td>Breastfeed or formula</td>
<td>Breastfeed or homogenized (3.25% M.F.) milk</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Whole grain toast, cut into small pieces or strips</td>
<td>Whole grain bread, cut into strips, with soft margarine</td>
<td>Or:</td>
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<tr>
<td></td>
<td></td>
<td>Unsweetened stewed prunes, pureed</td>
<td>Whole grain toast</td>
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<tr>
<td>Snack</td>
<td></td>
<td>Or:</td>
<td>Smooth nut butter thinly spread on toast</td>
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<td></td>
<td></td>
<td>Whole grain and fruit muffin</td>
<td>Banana, sliced</td>
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<tr>
<td></td>
<td></td>
<td>Carrot, grated</td>
<td>Breastfeed or homogenized (3.25% M.F.) milk</td>
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<tr>
<td>Lunch</td>
<td>Breastfeed or formula</td>
<td>Breastfeed or formula</td>
<td>Baked beans</td>
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<tr>
<td></td>
<td>Iron-fortified infant cereal</td>
<td>Chicken, chopped</td>
<td>Whole wheat crackers</td>
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<tr>
<td></td>
<td>Hard-boiled egg, mashed, minced, or grated</td>
<td>Steamed brown rice</td>
<td>Red and green peppers, cut in strips</td>
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<tr>
<td></td>
<td>Cooked and mashed sweet potato or other vegetable</td>
<td>Cooked broccoli, chopped</td>
<td>Cantaloupe or honeydew melon, diced</td>
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<tr>
<td></td>
<td></td>
<td>Or:</td>
<td>Breastfeed or homogenized (3.25% M.F.)</td>
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<tr>
<td></td>
<td></td>
<td>Breastfeed or formula</td>
<td>Or:</td>
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<tr>
<td></td>
<td></td>
<td>Canned salmon, mashed</td>
<td>Cooked quinoa</td>
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<tr>
<td></td>
<td></td>
<td>Sweet potato, mashed</td>
<td>Chopped chicken</td>
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<tr>
<td></td>
<td></td>
<td>Green peas, cooked soft, mashed</td>
<td>Carrot and cucumber, grated</td>
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<td></td>
<td></td>
<td></td>
<td>Soft pear, sliced</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Breastfeeding or homogenized (3.25% M.F.) milk</td>
</tr>
</tbody>
</table>
### Snack
- Unsweetened stewed prunes, pureed
- Hard-boiled egg, chopped
- Whole grain bread, cut into strips
  Or:
  - Soft tofu, mashed
  - Blueberries, cut in halves
  - Unsalted crackers

Or:
- Soft tofu, mashed
- Blueberries, cut in halves
- Unsalted crackers
- Soft pear, sliced
- Plain rye crackers
  Or:
  - Unsweetened o-shaped oat cereal
  - Fresh plum, sliced

### Supper
- Breastfeed or formula
- Ground or finely minced plain, dark chicken or other meat
- Cooked and mashed broccoli or other vegetable

- Breastfeed or formula
- Lean pork roast, chopped
- Whole wheat pasta
- Cooked carrots, mashed
- Banana and strawberries, chopped
  Or:
  - Breastfeed or formula
  - Trout or char, deboned, flaked
  - Steamed brown rice
  - Cooked green peppers, chopped
  - Canned peaches, chopped

- Steamed brown rice
- Stewed beef, chopped
- Carrots, cooked, diced
- Steamed broccoli, chopped
- Canned peaches in juice, diced
- Breastfeed or homogenized (3.25% M.F.) milk
  Or:
  - Poached fillet of sole, deboned
  - Roasted potato, chopped
  - Steamed broccoli and cauliflower, chopped
  - Fruit cocktail in juice
  - Breastfeed or homogenized (3.25% M.F.) milk

### Evening and nighttime
- Breastfeed or formula

- Breastfeed or formula

### 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](http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php)