

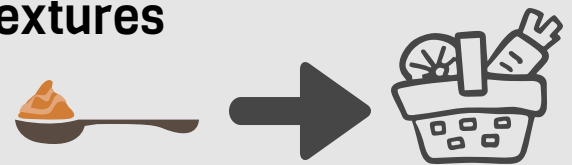


**Start offering solid foods at around 6 months, when your baby has all of the signs of readiness**

- **Iron rich foods first**



- **Serve a variety of textures**



- **Continue to provide breastmilk or formula**

## Food Before One is More Than Fun

**Look For the Signs of Readiness at around 6 months:**

- Hold their head up
- Sit up and lean forward
- Let you know when they are full
- Pick up food and try to put it in their mouth

**Infants at high risk for allergies should be introduced to commonly allergenic foods at around 6 months of age as guided by the your baby's signs of readiness for food.**

At six months of age, breast milk is still important but iron-rich foods are needed to help your baby continue to grow and develop. Having different textures is important to help your baby learn to chew.



# Food Before One is More Than Fun



## High Risk Allergens

- Dairy
- Peanuts
- Tree nuts
- Egg
- Wheat
- Fish
- Shellfish
- Soy
- Sesame
- Mustard

**Ask your health care provider if your child has a higher risk of developing a food allergy.**

**Introduce common allergens one at a time, monitoring for signs of allergies like:**

- rash
- vomiting
- diarrhea
- breathing problems

**If no signs of an allergy occur, continue to serve common allergens a few times a week to maintain tolerance.**

### Recommended Resources:

- Best Start's Feeding Your Baby: 6 Months to 1 Year (free download)  
[foodandhealthtoday.com/store/](http://foodandhealthtoday.com/store/)
- Food Before One is More Than Fun  
[www.publichealthgreybruce.on.ca/Your-Health/Eating-Well/Resources-for-Parents](http://www.publichealthgreybruce.on.ca/Your-Health/Eating-Well/Resources-for-Parents)

