



Choosing healthy baby food



Healthy food choices:

- **Start with protein rich foods** such as quinoa, cheese, avocado, almonds, eggs, plain Greek yogurt, red meat, chickpeas, turkey, beans, chicken and spinach
- **Next try iron-fortified infant cereals** such as rice, wheat or buckwheat cereal
- **After that try vegetables** that are low sugar, high fiber and high water content such as broccoli, kale, asparagus, brussel sprouts and spinach
- **When they have a taste for protein and vegetables, try fruits** with low sugar content such as lime, avocado, lemon, strawberries, raspberries, grapefruit or figs

Most pouches, jars and snacks contain high quantities of sugar and either low or zero protein, which is needed for healthy development of a child's mind and body.



For ages 2 and up? Refer to Canada's Food Guide!

If you NEED to buy pouches and jars look for:

- No added sugar.
- As low sugar content as possible (7-10 grams)
- Vegetables as the first ingredient.
- Protein.

What should I feed my baby?

They can eat what you eat! Mash it up or cut it into tiny pieces to avoid choking.

You can also make your own baby food. Use frozen vegetables to make simple healthy purees-just steam, mash, and blend smooth. Frozen fruit does not need to be cooked, just mash and blend smooth.

When adding meat, just make a little extra of whatever meat or protein you're cooking, then chop and blend with water.

Baby Food Recipes:



[www.yummytoddlerfood.com/
master-list-of-baby-food-recipes/](http://www.yummytoddlerfood.com/master-list-of-baby-food-recipes/)

Information from Alberta Health Services:



[https://myhealth.alberta.ca/health/pages/
conditions.aspx?Hwid=te4473](https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=te4473)