A Simple Guide to a Healthy Infant Diet

4 – 6 months

- Begin introducing foods.
- Iron-rich foods (i.e. rice cereal) are recommended as the first foods to introduce.
- After iron rich foods, all other foods (except milk and honey) can be introduced in a variety of textures (i.e. vegetables, fruits, mashed/strained meats, whole eggs).
- Gradually increase the number of foods and times/day offered while continuing to breastfeed/bottle feed.
- The child can also start drinking water (4-6 ounces).
- Limit sippy-cup use, introduce open cups.

9 Months

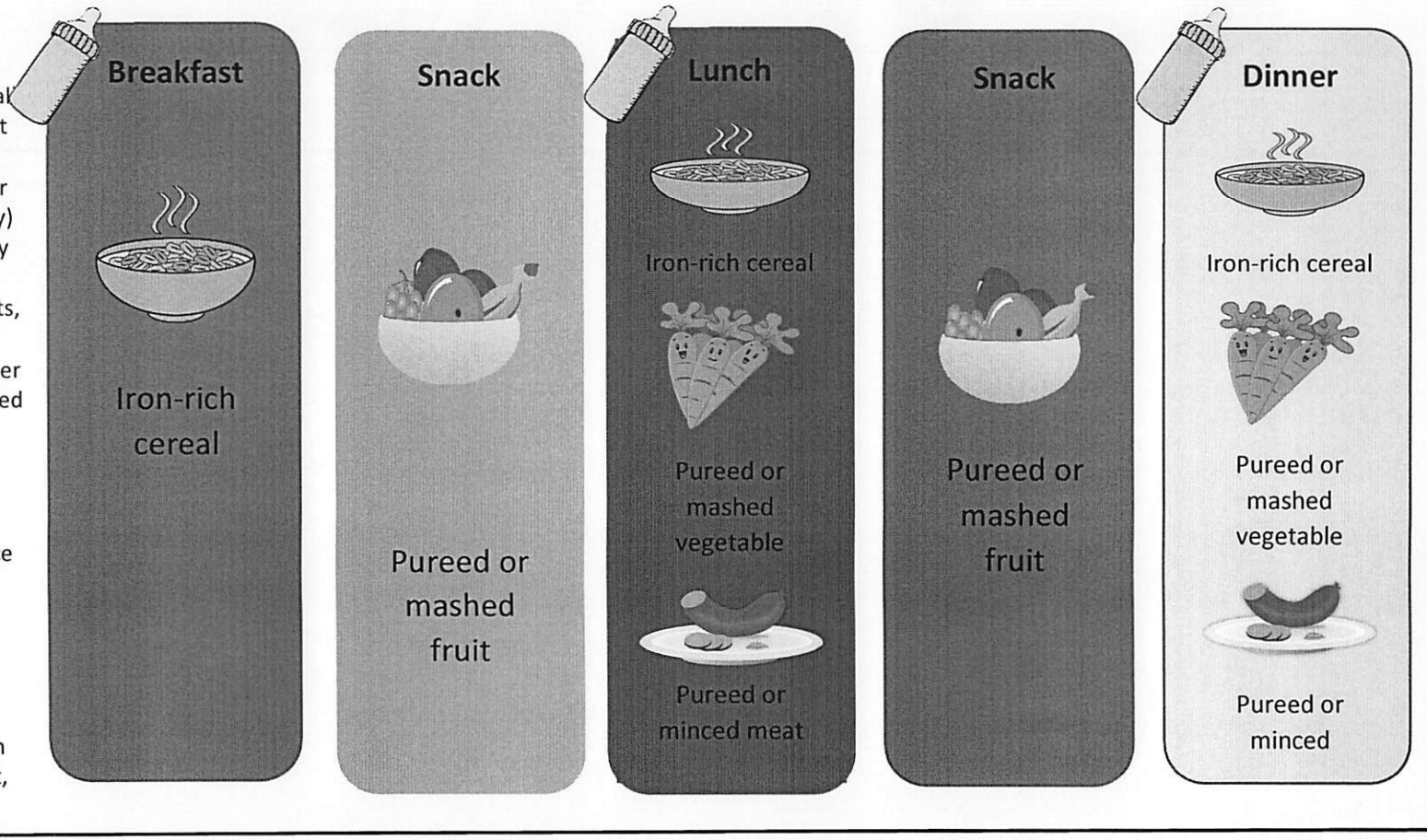
- Minced/diced foods (i.e. cooked meats, vegetables).
- Can start dairy products such as homogenized milk, yogurt, cheese.

12 Months

- All foods of any texture may now be introduced.

24 Months

- Can start family milk (2%). No more than 500 mL/day.



• Don't add sugar, salt, fat or seasoning to food until 1 year of age. • Avoid honey until 1 year of age. • Limit juice intakes at all ages.	• Do introduce allergenic foods (peanuts, egg) like any other food. • Wait 2 days between introduction of an allergenic food and another food to monitor reaction.	<u>Vitamin D</u> • Supplementation with 400 IU recommended for all infants (breastfeeding and/or solid foods)