



# *Food Guide* *from 0 to 4 years*

DISCOVERING FOOD:  
A FAMILY ACTIVITY



BUILD  
future  
nutrition  
0 to 4



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## DISCOVERING FOOD: A FAMILY ACTIVITY

### *Introduction*

The arrival of a baby is always a long awaited and wonderful adventure, uniting child and parents for life. As parents, we want the best for our child. Food is an essential element in building a foundation for life for your little one. This adventure will certainly raise many questions; this guide contains information on infant feeding from 0-4 years.

It is structured so you may find the information needed according to your baby's age, without having to read the entire guide.

Do not hesitate to consult a health care professional in your community to fully benefit from this tool.

Sincerely,

*Julie Bernier  
Alexandra Picard-Sioui*





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## OUR COMMITMENT



- 1 I, as a parent, will give food that is varied and of good quality to my child (or children).
- 2 I will teach him about the various flavours, textures and colours found in the four groups of the food guide in order to develop his tastes before he reaches 2 years of age.
- 3 To encourage my child to eat properly, I will make an effort to set an example by eating properly myself.
- 4 I will make an effort to give him quality foods, and will let him choose how much he wants to eat, without ever forcing him to finish his plate.
- 5 I will give him three meals a day and snacks that are homemade, all at set times to establish a routine for my child.
- 6 I will provide him with a pleasant atmosphere during family meals. (e.g., without the television).
- 7 I will make an effort to serve him real juice, milk or water instead of soft drinks, cocktails or punch.
- 8 I will avoid using food to console or reward my child.
- 9 I will make an effort to be active with my child, to get out in the fresh air, run, walk and play sports as a family. To the extent possible, I will have him discover the traditional way of life in the forest.
- 10 I will make an effort to find information and tools that will enable me to give my child quality nourishment (e.g., cooking classes, reading food labels, etc.)





# The Hunter and the Eagle

## A WENDAT LEGEND

A hunter was walking in the forest when he felt a shadow above him. It was an eagle coming straight towards him. The hunter was afraid and ran until he came to a huge, hollowed-out tree trunk. He hid inside it, but the eagle saw where he went. The eagle gripped the trunk with her talons and flew away with the hunter into the sky. The hunter saw that they were flying above the trees, then above the clouds. Finally, they landed atop a towering mountain where the eagle's nest was perched.

The hunter saw two giant eaglets in the nest. Their mother went over to take care of her babies, but she had nothing to give them to eat. So off she flew to go hunting once again. The hunter finally came out of his hiding place and learned more about his new surroundings and the eaglets. When the mother eagle returned, he went back into his hiding place and watched what was happening. She had captured a deer, which she tore into little pieces to feed her babies.

Then she flew away again. The hunter came out and began cutting the meat into thin slices and dried them on a stone in the sun. One thing led to another and he began feeding the eaglets with pieces of dried meat and helping himself at the

same time. He continued this ritual for some time, in fact long enough so that one day they began to grow bigger and to try to fly. He saw here a chance to get back to his village.

He threw a piece of meat to the bottom of the cliff and one of the eaglets took off after it. The eaglet found it too difficult to fly and barely got back to the nest. The hunter told himself that they weren't strong enough yet, so he continued the whole process for some time. Then one day, the mother flew away from the nest to go hunting. The hunter thought to himself, "Today is the right day to go home". He climbed onto one of the eaglets and off they flew together. The hunter clung to the eaglet's head and steered their way down to the bottom of the cliff. They continued like this until they reached the ground. He thanked the eaglet, which then flew back up to its nest.

The hunter started walking and heard a loud cry. It was the mother eagle coming right towards him again. He didn't know what to think. He was afraid and didn't know what might happen. The eagle stopped and spoke with him. She said that she herself had brought him back as a way of thanking him for taking care of her babies all this time. She offered to help him find his village. She told him the directions to follow and then gave him a small bag filled with tiny bones as a gift.

She explained that with this bag, he would always find wild game to feed his people every time he went hunting. Ever since that time, the hunter has never failed to find food and his people have always shown their respect for the harvest of the hunt. And that's why ever since this time, all the hunters of the village have had good luck when they go hunting.

Source: Yolande Okia Picard



# ▶▶▶ 0 to 6 months

Within the first few months, your baby will not need any other food than breast milk or iron-fortified formula.



It is recommended that babies be nourished through breastfeeding only, with no other liquids or foods, during the first six months of life. Breastfeeding should continue while adding appropriate complementary foods, for as long as the mother wishes. Traditionally, First Nations mothers breastfed. This is the most simple and natural way to feed your baby.

“It is very important in the traditional teachings to breastfeed the baby. You have the natural bonding immediately... I would advise the young women to connect with their elders and to get some teachings on how to parent and how to look after their babies.”

Margaret Lavalee, excerpted from: *So you want a healthy baby*, a booklet from the Fort Alexander Health Center, Pine Falls, Manitoba, 1996.

## HERE ARE THE BENEFITS OF BREASTFEEDING:

- ▶ Your milk is particularly suited to your baby's needs.
- ▶ Your antibodies are transmitted through breast milk, which helps to protect your baby and strengthens their immune system.
- ▶ Your milk protects your baby against allergies.
- ▶ It reduces the risk of infections such as ear infections, gastroenteritis, bronchiolitis, pneumonia, etc.
- ▶ It is free!
- ▶ No preparation required. Breast milk is always the right temperature and ready at a moment's notice.
- ▶ Breastfeeding strengthens the bond with your baby.

- ▶ Because the flavour of the food you eat is transmitted through your milk, your child develops a taste for all kinds of foods while breastfeeding.

If you have any questions, or if you need help, ask a mother, a grandmother or a friend who has breastfed. You can also contact the health centre in your community or a community organization (e.g. La Leche League in Montreal 1-866-255-2483). These organizations will be happy to help you. Remember that breastfeeding will go smoothly providing it is done in a calm and peaceful environment and in the right position.

**Beware of the *Carnation* milk brand. This is not recommended milk for your child because it will not meet their nutritional needs.**

**Breast milk does not provide enough vitamin D, so it is recommended to provide a supplement until the baby's diet meets their needs. Consult a health care professional you trust, and they will recommend the appropriate dose for your child.**





## IRON-FORTIFIED FORMULA

It is important to provide **iron-fortified** formula until 9 to 12 months. To prevent the risk of anemia (iron deficiency), we recommend iron-fortified formula from the time of birth. So far, there is no indication that one brand is better than another. However, it must be iron-fortified.

## HOW TO DETERMINE WHETHER YOUR BABY IS HUNGRY?

- ▶ Their breathing changes;
- ▶ Their eyes twitch under their eyelids;
- ▶ They move arms and legs;
- ▶ They stretch;
- ▶ They bring their hands to their mouth or face;
- ▶ They make sucking movements.
















Never let your child fall asleep with a bottle: it increases the risk of choking and developing baby bottle tooth decay.

There is no need to wait for baby to scream or get angry to start feeding. Be on the lookout for signs and get to know your baby. They will let you know when they are hungry and when they have had enough.



# Breastfeeding Your Baby

GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	WEEK 1							2 WEEKS		3 WEEKS		4 WEEKS		5 WEEKS		6 WEEKS to 6 MONTHS					
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS	WEEKS				
<b>Your Baby's Tummy Size</b> Actual size is shown																					
<b>How Much Milk Your Baby Needs</b> Per day, on average over 24 hours	 10 to 100 mL or 1 tablespoon to ½ cup							 200 mL or almost 1 cup 400 to 600 mL or about 1 ½ to 2 ½ cups							 700 to 800 mL per day or about 2 ½ to 3 ½						
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	In the first month 8 to 12 feeds per day (every 1 ½ to 3 hours)																				
<b>Wet Diapers: How Many, How Wet</b> Per day, on average over 24 hours	At least 1 WET 			At least 2 WET 				At least 3 WET 				At least 4 WET 				At least 6 HEAVY WET 					
<b>Soiled Diapers: Number and Colour of Stools</b>	At least 1 to 2 per day BLACK OR DARK GREEN 			At least 3 per day BROWN, GREEN, OR YELLOW 				At least 3 large per day, soft and seedy YELLOW 				At least 1 or more large every 1 to 7 days YELLOW 									
<b>Your Baby's Weight</b>	Most babies lose about 5 to 7% of their birth weight in the first 3 to 4 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or ½ a pound.							Your baby should return to his or her birth weight by 10 to 14 days.							Your baby should gain about 112 to 224 grams a week for the first 3 months.						
<b>Growth Spurts</b>	Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.																				

Source: Ministère de la Santé et des Services sociaux du Québec. Breastfeeding your baby – Guidelines for nursing mothers. [On line] URL address: <http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2008/08-815-03A.pdf> (page viewed on March 5, 2013)



## RECOMMENDED TYPES AND PORTIONS OF MILK ACCORDING TO AGE

Types of milk	Age	Number of bottles	Quantity per bottle
<b>Iron-fortified formula</b>	Birth to 15 days	6 to 10	45 to 115 ml
	15 days to 1 month	6 to 8	60 to 125 ml
	2 to 3 months	5 to 7	150 to 210 ml
	4 to 7 months	4 to 6	180 to 240 ml
	8 to 12 months	3 to 4	180 to 240 ml
<b>3.25% cow's milk</b> 3.25% milk should not be given before 9 months, because it contains too much protein that can cause intestinal bleeding. Excess minerals overload the kidneys. The fat is poorly absorbed and the child will lack sugar. Offer it after 9 months if the baby is eating more than 200 ml (3/4 cup) of complementary foods and has a varied diet (vegetables, fruits, meat, etc). It can be given up to the age of 5 if desired.  In the case of food allergy to cow's milk, or if preferred, soy milk or goat's milk can be given to your child.	From 9 to 12 months up to 2 years	600 to 900 ml per day	
<b>2% cow's milk</b> 2% milk is not recommended before the age of 2 because it does not meet the child's nutritional needs, especially in terms of fat. It is important not to give 1% or skim milk to children, because it does not meet their needs.	2 to 4 years	500 ml per day	

\*\*\* Since cow's milk is not recommended for infants less than 9 months, the market offers **follow-up formulas** providing a greater amount of nutrients and energy (e.g. Baboo). These formulas **are not mandatory**. Although these products can be interesting, they have not been shown to be superior to cow's milk. These products are also very expensive.



## NO COW'S MILK BEFORE 9 MONTHS!

Your child may start drinking cow's milk at the age of 9 months if they have a varied diet; i.e. if they are eating fruit, vegetables, cereal (at least 125 ml per day) and meat. The total amount of complementary food they consume must be greater than 200 ml/day. It is nevertheless recommended to wait until 12 months before introducing cow's milk.

Do this gradually, alternating between breast milk and formula, to facilitate digestion and tolerance.

## MEDICATION AND BREASTFEEDING

Most medications are excreted in breast milk in small quantities. However, there are alternatives. Consult your healthcare professional before taking any medication.



## ALCOHOL AND BREASTFEEDING

You did not drink alcohol during your pregnancy; it is recommended to maintain this good habit during breastfeeding. Remember that it is nevertheless possible to drink safely.

Important: the alcohol you consume ends up in your milk. **The safest choice is not to drink alcohol when you are breastfeeding. Alcohol can interfere with milk production, reduce the amount your baby drinks and have adverse effects on motor development and sleeping habits.**

Should you decide to have a drink on a special occasion:

- ▶ Limit yourself to one or two drinks per occasion.
- ▶ Drink after breastfeeding, not before!
- ▶ Allow enough time for the alcohol to be eliminated before the next feeding. On average, it takes 2 hours to eliminate one drink. Be careful.
- ▶ Pump and save breast milk before you drink, so you may feed your baby if you do drink.
- ▶ Invite your spouse and your family to limit their alcohol consumption to support you.

Should you decide to have more than two drinks on a special occasion:

- ▶ Ask someone you trust to take care of your child until you're sober.
- ▶ To optimize your milk production, pump it at feeding times. Repeat this until your body has eliminated the alcohol; i.e. two hours per drink (6 hours for 3 drinks). Dispose of the milk because it contains alcohol.

Note: Refer to a health care professional to support you in this process and to make sure it is safe.

**It is always possible to give your baby the benefits of breastfeeding.**

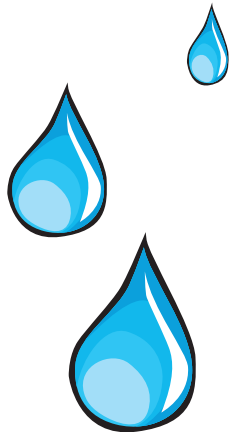
## AND DRUGS?

No drugs! Like alcohol, drugs are transmitted in breast milk. The severity of the effects on your baby is still unknown. It is better not to breastfeed if you consume drugs.

## TOBACCO USE

Smoking is harmful to both your baby and you during pregnancy and breastfeeding. It can interfere with milk production. Nicotine ends up in breast milk and can cause irritability, crying and insomnia for your baby. Second-hand smoke is also harmful to your baby.





## WATER

### Should I give any water to my baby?

Babies who are breastfed do not need to drink water. Milk meets their hydration needs. However, it is not forbidden to give them some between feedings.

It may be necessary to give some water to infants fed with formula to quench their thirst. Offer water in their bottle between feedings only (about 15 ml, 1 tbsp.) or 1 hour prior feeding.

Before 4 months, boil the water to a rolling boil for at least 1 minute, regardless of the source.

## SLEEP AND FEEDING ROUTINE

Babies need a routine. It helps them feel secure. It teaches them good habits at an early age and facilitates long-term good behaviour. Establish a daily routine tailored to your baby's needs.

Examples:

- ▶ Put them down for a nap or sleep 2 or 3 times a day.
- ▶ Feed them every 4 hours.
- ▶ Clean their gums after feedings.
- ▶ Sing them a song and give them a blanket before bedtime.
- ▶ Give them a bath before their bedtime.



the arrows had a tip made of wood, the other of flint. By the time it was morning, he had disappeared and the arrows with him. The women never saw him again.

Soon after, Yäa'taenhtsihk saw the body of her daughter change. She was pregnant. Very early in her pregnancy, the young woman realized she was going to have twins. She could hear them talking together, and more often than not, quarrelling. One was mild-tempered, while the other was impatient and quick to show anger. Some say it was the Chief of the Sky World himself who told her in a dream what names to give the children: the first was to be named louske'a and the second would be known as Tawihskaron'.

One day, as their birth was approaching, their mother heard them talking:

- It will soon be time to be born, said Tawihskaron'. I refuse to be born like other children. I want to come out by the side of our mother's body.
- Don't do that! replied louske'a. You'll hurt our mother. You could even kill her!
- You can think what you like, but I've made up my mind. I will come out wherever I choose to.

The woman gave natural birth to the older brother. The younger one created a path under his mother's armpit and killed her instantly. Yäa'taenhtsihk ran to her daughter and found her lying lifeless on the ground. Filled with sadness and anger, she asked the children which of them was responsible for the death of her daughter. The younger one falsely accused his older brother by pointing a finger at him. From that moment, the grandmother's heart was filled with bitterness towards louske'a.

louske'a offered up the corpse of his mother to the Earth, the source of life. Different edible plants grew out of her burial place. From her head there sprouted a squash plant, while corn grew out of her breast and beans from her arms and legs. A few shoots of tobacco also sprouted from this fertile soil.

Ever since that time, the Wendat people have grown these three foods, which go by the well-known name of "the three sisters."

Excerpt from: "La femme vue du Ciel : mythe wendat de la Création," by Louis-Karl Picard-Siouï (Wendake, Éditions Hannenorak, 2011).



# ▶▶▶ 6 to 9 months



## When to introduce first complementary foods?

During your baby's first few months, breast milk or iron-fortified formula is the basis of their diet. Before 6 months, most babies meet their food needs with milk.

There is no benefit to introducing foods too early. In fact, it is now recommended to wait until the age of 6 months.

At this age, your baby:

- ▶ Produces enough saliva.
- ▶ Has enough enzymes to digest food.

- ▶ Has sufficiently well-developed muscles to hold their head up and indicate when they are no longer hungry.
- ▶ Has the antibodies necessary to protect the intestine, which reduce the risk of developing allergies.
- ▶ Has more mature kidneys.
- ▶ Has developed the reflex to chew and swallow.

**Your entourage is well intentioned when suggesting you feed your baby cereal earlier, like in the old days. Try not to give in to the pressure and pay attention to the signs your baby gives you.**



**Myth:** introducing food earlier will not help them sleep or sleep through the night.

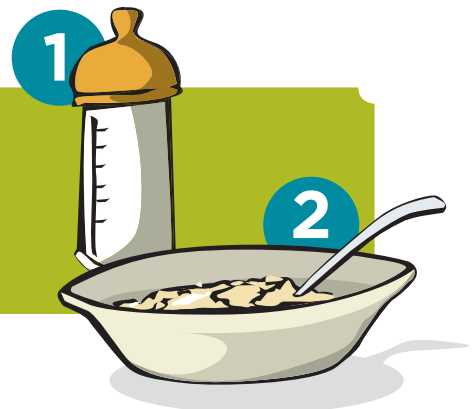
## HOW TO TELL IF YOUR BABY IS READY TO EAT SOLID FOODS?

- ▶ They are around 6 months.
- ▶ They can sit in a high chair, without support, and hold their head up.
- ▶ They have more saliva, are able to close their mouth and they don't spit up as much.
- ▶ They show interest in what you're eating.
- ▶ They can tighten their lips around a spoon and manage to push food further into their mouth with their tongue (swallowing reflex).
- ▶ You have increased the number of feedings for more than five days and they still seem unhappy and cry after feedings.

## TIPS TO KEEP IN MIND BEFORE INTRODUCING SOLIDS:

- ▶ Always present one new food item at a time and wait three days before introducing a new one. This will help you identify allergies if any.
- ▶ If they refuse a food, wait a few days before trying it again. Did you know a child might see the food item 8 to 10 times before they accept to taste it or get used to the taste?
- ▶ Choose a moment when they are in a good mood.
- ▶ Always introduce the food with a spoon so that baby learns to use their jaws and chews well. Do not put food in the bottle.

When you introduce solids at 6 months of age, you must first give the bottle at mealtimes and complete with solids. This practice should be followed until the age of at least 12 months since milk is the basis of their diet (600 to 900 ml per day).



- ▶ Initially, give your baby pureed foods. Move on to textures slightly less smooth when you feel your baby is ready (see Puree section on page 53).



(Source: Thanh Van Nguyen, Health Canada)

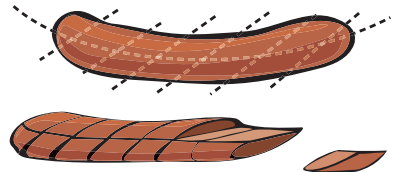
- ▶ Start with 5 ml per serving and gradually increase according to appetite.
- ▶ Honey? Not until baby is one year old. Honey may contain potentially harmful bacteria for the baby's small fragile intestine.
- ▶ Do not use products with raw eggs.
- ▶ It is important to keep in mind that your child at this age is in a world of exploration and learning. Let baby touch the food and discover the textures, colours and tastes. Create a pleasant and calm environment.

### To avoid choking:

- ▶ Always feed your child seated and well supervised.
- ▶ Prevent them from walking or running with food in their mouth.
- ▶ Avoid feeding in the car.

### DO NOT GIVE THE FOLLOWING FOODS BEFORE THE AGE OF 4:

- ▶ Popcorn
- ▶ Candies
- ▶ Chips
- ▶ Gum
- ▶ Cheese puffs
- ▶ Wieners cut the right way (half-circles)



- ▶ Nuts
- ▶ Raw carrots
- ▶ Seeds
- ▶ Whole grapes
- ▶ Peanuts
- ▶ Raisins

It is important to keep in mind that the basis of your baby's diet is still milk. Other foods supplement their diet. Give them the bottle first at mealtime and then introduce solids. Continue this habit until the age of 9 months.

Continue to breastfeed as often as baby so desires or offer 600 to 900 ml of infant formula per day until 9-12 months.

Routine is highly recommended for your child. In fact, this will help them feel better when you present new foods. Try to maintain the same meal times, naps and bed times.

## INTRODUCING COMPLEMENTARY FOODS

The order of introduction of food does not really matter, as long as the first food introduced is iron-rich, such as iron-fortified cereal or pureed meats. This order can be tailored to your habits. As First

Nations, it might be perfectly acceptable to start with pureed game meat, as long as it is safe. (Refer to page 20 - Meat section). Traditional Aboriginal food includes a variety of foods rich in nutrients such as iron, zinc and vitamin B12. It is low in saturated fat and trans fat and rich in omega 3. If you have access to these foods, it is a great idea to add them to your child's diet. In addition, it is a good way to pass on your culture.

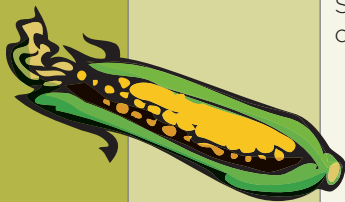
The following table is a suggestion and can be adapted to your customs.



## SUGGESTED ORDER OF INTRODUCTION OF FOODS

<p><b>Step #1</b></p>	<p><b>Iron-rich foods: pureed meat or iron-fortified cereal</b></p>	<p>Begin with meat or a variety of cereal one at a time and wait about 3 days before introducing a new food item. For example, you can offer a moose puree for 3 days, then serve iron fortified rice cereal. Note: introduce cereals separately before proceeding to mixed cereal.</p>
<p><i>After having presented a good variety of meat or cereal for about two weeks, you can begin introducing vegetables.</i></p>		
<p><b>Step #2</b></p>	<p><b>Vegetables</b></p>	<p>Introduce one new vegetable at a time and wait about 3 days before presenting a new one. Squash, carrots, sweet potatoes, corn and green or yellow beans are good vegetables to start with.</p>
<p><i>After having presented a few vegetables for about one week, you can begin introducing fruits.</i></p>		
<p><b>Step #3</b></p>	<p><b>Fruit</b></p>	<p>Introduce one new fruit at a time and wait about 3 days before presenting a new one. The first fruits served are usually bananas, apples, pears and peaches.</p>

*It is important to note that the order presented in the table is only a suggested approach. What is important is that the first foods introduced are fortified with iron: iron-fortified cereal, meat, poultry, eggs, etc.*





## MEAT

During the first year of life, your baby does not need a large amount of meat to meet their needs. Two (2) portions of 15-30 ml (1-2 tbsp.) per day are sufficient.

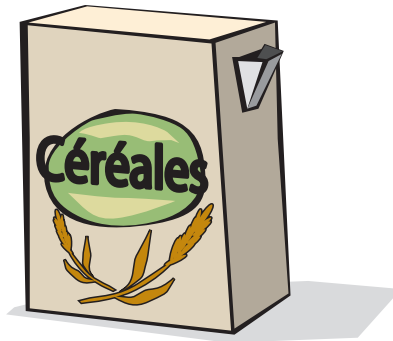
- ▶ Pureed meat should be smooth up to 9 months, or they will have difficulty chewing.
- ▶ Introduce one new meat at a time, then wait 3 days before presenting another.
- ▶ Start with 5 ml (1 tsp.) for lunch for a few days, then gradually increase the portion to 15 ml (1 tbsp.).

To avoid contamination, make sure the game meat is safe and hygienic and that all traces of lead projectiles have been removed. If you have any doubt about the safety of the meat or that it might contain lead, do not eat the meat and do not feed it to your child.

*The Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ) advises never to consume liver and kidneys from game due to the high levels of cadmium these organs may contain.*

**Do not serve your child organs. They are often contaminated.**

Did you know that new scientific evidence argue that we can provide whole eggs pureed to the baby from the age of 6 months.



## CEREAL

Always choose **iron-fortified** cereal for your baby.

These cereals can meet your baby's iron needs to prevent anemia. Did you know that this nutrient plays an important role in brain development?

At first, you can dilute the cereal in twice as much milk or water than the recipe calls for:

- ▶ Start by giving 5 ml (1 tsp.) around 30 minutes after nursing once or twice a day.
- ▶ Slowly increase the portion to 15 ml (1 tbsp.).
- ▶ As baby grows, continue increasing the amount gradually.

## What cereal to choose?

Start by offering cereals that contain only one kind of grain. Around 6 months, offer rice or barley cereal, without vegetables, fruit or unsweetened. Once they have tasted all varieties of cereal separately, you can choose iron-fortified mixed cereal for infants.

**INFANT CEREAL SHOULD BE THE FIRST CHOICE UNTIL THE AGE OF 2.**

**Important! Sugar-loaded cereal such as Fruit Loops, Corn Pops, Sugar Crisp, etc. are not nutritious choices for your baby and should not be introduced before the age of 2 to 3 and **should only be served occasionally.****



## VEGETABLES

After giving your baby a few kinds of cereal or meat, start introducing cooked and pureed vegetables:

- ▶ Introduce one pureed vegetable at a time and wait about 3 days before introducing another.
- ▶ Before introducing mixed vegetables, wait until baby has tasted a variety of single vegetables.
- ▶ Like cereal, first give 5 ml (1 tsp.) about 30 minutes after nursing, 1-2 times a day.
- ▶ Slowly increase the portion up to 20 ml (1 tbsp.) twice a day.

## FRUIT

The same approach applies when introducing fruit: start with one new fruit product at a time and wait three days before introducing a new one.

- ▶ Serve cooked and pureed fruit. Bananas can simply be mashed using a fork.
- ▶ Do not add any sugar.
- ▶ Wait until your baby is used to a wide variety of fruit before mixing them.
- ▶ Start by giving 5 ml (1 tsp.) around 30 minutes after nursing, 1 to 2 times per day.
- ▶ Slowly increase the portion up to 20 ml (1 tbsp.) twice a day.
- ▶ Start with pureed bananas, apples, peaches and pears: they are usually well liked at the start.



The availability of a wide variety of fruit and vegetables may be more difficult at certain times of the year. Feel free to use frozen fruit and vegetables. Canned fruit and vegetables are also acceptable, providing they are rinsed to remove the salt and sugar included in most canned products.



## FROM 7 TO 9 MONTHS

### Discovering flavours!

Your child has discovered many flavours over the last month: they will be more interested in flavours and textures. At around 7 months, they are less likely to choke. You can thus gradually introduce thicker purees, and even mash the food with a fork.

After introducing meat, at 7 months you can introduce fish, a traditional healthy and nutritious food item. Avoid giving raw or smoked fish as your child is more likely to be contaminated by the parasites these fish may contain.

### Fish from sport fishing

You can serve the following fish without any restrictions:

- ▶ Rainbow smelt
- ▶ Lake whitefish
- ▶ Brook trout
- ▶ Trout
- ▶ Salmon
- ▶ Atlantic tomcod



7 to 9 months

(Source: Thanh Van Nguyen, Health Canada)

At this age, you can introduce liver (not from game), but not more than once a week.

It is recommended not to serve shellfish (shrimp, crab, lobster) before the age of **ONE YEAR** to reduce the risk of allergies.

Since these species may contain high levels of contaminants, avoid serving too often:

- ▶ Largemouth bass
- ▶ Northern pike
- ▶ Walleye
- ▶ Muskellunge
- ▶ Lake trout



### **Fish purchased at the grocery store**

When grocery shopping, you can buy a variety of fresh or frozen fish to serve your child:

- ▶ Salmon
- ▶ Herring
- ▶ Haddock
- ▶ Tuna
- ▶ Flounder
- ▶ Capelin
- ▶ Halibut
- ▶ Mackerel
- ▶ Cod

Since canned fish is very salty, you can serve it occasionally or buy or salt-free tuna or salmon.

Around 8-9 months, your child can start eating soft foods in small pieces with their fingers, such as well-cooked vegetables and ripe fruit.

For more information, visit the Health Canada Web page: <http://hc-sc.gc.ca/fn-an/securit/chem-chim/envIRON/mercur/cons-adv-etud-eng.php> (Food & Nutrition> Food Safety> Chemical Contaminants> Environmental Contaminants> Mercury). You can also call the ministère du Développement durable, de l'Environnement et des Parcs of Quebec at 1 800 561-1616.

## JUICE

Opt for real fruit rather than juice because they contain fiber!

You can introduce juice in small quantities when your baby is:

- ▶ Drinking with a glass or cup;
- ▶ Already eating lots of fruit;
- ▶ Used to drinking water.

Dilute the juice with the same amount of water until the age of one.

Around 6 months, make the transition from bottle to cup.

Never give juice in a bottle. It can cause tooth decay, as the liquid remains longer in the mouth than when served in a glass.

A child of about seven months should drink a maximum of 60-90 ml (2-3 ounces) of juice per day, even if it is diluted.

Fruit juice has some disadvantages:

- ▶ It increases the risk of early childhood cavities.
- ▶ It can cause diarrhea if it is very cold or if consumed in large quantities.
- ▶ It can take the place of milk and essential nutrients in your child's diet.
- ▶ It can reduce your child's appetite if offered less than one hour before meals.

### Which kind of juice you offer your child?

Always choose 100% pure pasteurized juice. Avoid drinks, cocktails and punches. They are filled with sugar and their nutritional value is not very interesting.



**TIP**  
Offer juice **ONCE** a day, at breakfast for example. Give water and milk the rest of the day.

### IMPORTANT!

It is best not to offer tea or coffee to your child. It will disrupt their sleep and behaviour and reduce the absorption of some vitamins and minerals, such as iron.

**SUGGESTED MENU FOR BABY**

	6 months	7 to 9 months	9 to 12 months
<b>Wake up</b>	Milk (3/4 to 1 cup - 200 to 230 ml)	Milk (3/4 to 1 cup - 200 to 230 ml)	Milk (2/3 cup - 140 to 170 ml)
<b>Breakfast</b>	Milk (2/3 to 3/4 cup - 170 to 200 ml) Iron-fortified cereal (1 tsp. - 5 ml) Fruit (1 tsp. - 5 ml)	Milk (2/3 to 3/4 cup - 170-200 ml) Iron-fortified cereal (3 tbsp. - 45 ml) Fruit (1 tbsp. - 15 ml)	Milk (2/3 cup - 140 ml) Iron-fortified cereal (1/2 cup - 125 ml) Fruit (3 tbsp. - 45 ml) Egg
<b>Lunch</b>	Milk (2/3 to 3/4 cup - 170-200 ml) Vegetables (1 tsp. - 5 ml) Meat (1 tbsp. - 15 ml)	Milk (2/3 cup - 140-170 ml) Iron-fortified cereal (3 tbsp. - 45 ml) Vegetables (1 tbsp. - 15 ml)	Milk (2/3 cup - 140 ml) Rice (2 tbsp. - 30 ml) Meat (1 tbsp. - 15 ml) Vegetables (3 tbsp. - 45 ml)
<b>Supper</b>	Milk (2/3 to 3/4 cup - 170 - 200 ml) Iron-fortified cereal (1 tsp. - 5 ml) Vegetables (1 tsp. - 5 ml) Fruit (1 tsp. - 5 ml)	Milk (2/3 cup -170 ml) Iron-fortified cereal (3 tbsp. - 45 ml) Vegetables (1 tbsp. - 15 ml) Meat (1 tbsp. - 15 ml) Fruit (1 tbsp. - 15 ml)	Milk (2/3 cup - 140 ml) Pasta (2 tbsp. - 30 ml) Meat (1 tbsp. - 15 ml) Vegetables (3 tbsp. - 45 ml) Fruit (2 tbsp. - 30 ml)
<b>Bed time</b>	Milk (2/3 to 3/4 cup - 170 - 200 ml)	Milk (2/3 cup - 140 - 170 ml)	Milk (2/3 cup - 140 ml)

Also consult the following tables for the portions and food to serve according to your baby's age.

Refer to the conversion table for ounces and grams.



## SUGGESTED DAILY SERVING SIZES

	Around 6 months	From 7 to 9 months
Grain Products	<b>1 to 2 servings</b> <ul style="list-style-type: none"> <li>▶ Start with 3 to 5 ml of dry baby cereal per serving</li> <li>▶ Gradually increase to 15 ml per serving</li> </ul>	<b>1 to 2 servings</b> <ul style="list-style-type: none"> <li>▶ Gradually increase to: between 125 ml and 175 ml of dry baby cereal per day around 9 months</li> </ul>
Vegetables	<b>2 servings</b> <ul style="list-style-type: none"> <li>▶ Start with 3 to 5 ml per serving</li> <li>▶ Gradually increase to 15 ml per serving</li> </ul>	<b>2 servings</b> <ul style="list-style-type: none"> <li>▶ 15 to 20 ml per serving</li> </ul>
Fruit	<b>2 servings</b> <ul style="list-style-type: none"> <li>▶ Start with 3 to 5 ml per serving</li> <li>▶ Gradually increase to 15 ml per serving</li> </ul>	<b>2 servings</b> <ul style="list-style-type: none"> <li>▶ 15 to 20 ml per serving (Juice: max. 60 to 90 ml daily)</li> </ul>
Meat and Alternatives	<b>1 portion</b> <ul style="list-style-type: none"> <li>▶ Start with 3 to 5 ml</li> <li>▶ Gradually increase to 15 ml</li> </ul>	<b>1 portion</b> <ul style="list-style-type: none"> <li>▶ 15 to 20 ml meat, poultry, fish</li> <li>▶ 30 to 50 ml legumes</li> <li>▶ 20 to 30 g firm tofu</li> <li>▶ 5 ml to 1 whole egg</li> </ul>
3 ml = 1/2 c. tsp. 15 ml = 1 tbsp. 30 ml = 2 tbsp. 5 ml = 1 tsp. 20 ml = 1 tbsp. 50 ml = 3 1/2 tbsp.		125 ml = 1/2 cup 175 ml = 3/4 cup 15 g = 1/2 oz 50 g = 1 1/2 oz 30 g = 1 oz 75 g = 2 1/2 oz

Source: Doré, Nicole; Le Hénaff, Danielle. "From Tiny Tot to Toddler, A practical guide for parents from pregnancy to age two." Québec, Institut national de santé publique du Québec, 2013. Page 472.

SUGGESTIONS ON INTRODUCING FOODS

	Around 6 months	From 7 to 9 months	
Grain Products	<p><b>Step 1</b></p> <ul style="list-style-type: none"> <li>▶ <b>Baby cereal:</b> <ul style="list-style-type: none"> <li>▶ Rice</li> <li>▶ Barley</li> </ul> </li> </ul> <p><b>Step 2</b></p> <ul style="list-style-type: none"> <li>▶ <b>Baby cereal:</b> <ul style="list-style-type: none"> <li>▶ Oat</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Baby cereal:</b> <ul style="list-style-type: none"> <li>▶ Mixed</li> <li>▶ Soy</li> </ul> </li> </ul>	
Vegetables and Fruit	<p><b>Step 2</b></p> <ul style="list-style-type: none"> <li>▶ <b>Cooked vegetables, smooth purée:</b> <ul style="list-style-type: none"> <li>▶ Carrot</li> <li>▶ Squash, Zucchini</li> <li>▶ Beans, yellow and green</li> <li>▶ Sweet potato</li> </ul> </li> <li>▶ <b>Fruit, smooth purée:</b> <ul style="list-style-type: none"> <li>▶ Banana</li> <li>▶ Peach</li> <li>▶ Pear</li> <li>▶ Apple</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Cooked vegetables, thicker purée:</b> <ul style="list-style-type: none"> <li>▶ Asparagus</li> <li>▶ Avocado</li> <li>▶ Broccoli</li> <li>▶ Cauliflower</li> <li>▶ Brussels sprouts</li> <li>▶ Corn</li> <li>▶ Green peas</li> <li>▶ Potatoes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Fruit, thicker purée:</b> <ul style="list-style-type: none"> <li>▶ Apricot</li> <li>▶ Pineapple</li> <li>▶ Clementine</li> <li>▶ Nectarine</li> <li>▶ Orange</li> <li>▶ Grapefruit</li> <li>▶ Plum</li> </ul> </li> <li>▶ <b>Unsweetened juice</b></li> </ul>
Meats and Alternatives	<p><b>Step 3</b></p> <ul style="list-style-type: none"> <li>▶ <b>Meat, smooth purée:</b> <ul style="list-style-type: none"> <li>▶ Lamb and other meats</li> </ul> </li> <li>▶ <b>Poultry, smooth purée:</b> <ul style="list-style-type: none"> <li>▶ Turkey</li> <li>▶ Chicken</li> </ul> </li> <li>▶ <b>Whole egg, smooth purée</b></li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Meat and liver:</b> <ul style="list-style-type: none"> <li>▶ Beef</li> <li>▶ Game</li> <li>▶ Pork</li> <li>▶ Liver</li> </ul> </li> <li>▶ <b>Fish, some examples:</b> <ul style="list-style-type: none"> <li>▶ Haddock</li> <li>▶ Cod</li> <li>▶ Plaice (sole)</li> <li>▶ Salmon</li> <li>▶ Rainbow smelt</li> <li>▶ Brook trout and other trout</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Variety of legumes:</b> <ul style="list-style-type: none"> <li>▶ Dried beans</li> <li>▶ Lentils</li> <li>▶ Chickpeas</li> <li>▶ Tofu, firm</li> </ul> </li> <li>▶ <b>Egg</b></li> </ul>

Source: Doré, Nicole; Le Hénaff, Danielle. "From Tiny Tot to Toddler, A practical guide for parents from pregnancy to age two." Québec, Institut national de santé publique du Québec, 2013. Page 470.



# ▶▶▶ 9 to 12 months

Mom! I like to eat  
and taste lots of new food.  
Let's explore together!



It is best to wait until your  
baby is 12 months old before  
introducing cow's milk.

At this age, your child is beginning to have better dexterity and eat with their fingers. You can serve part of their meal in bite size or small pieces. At this age you can also introduce some dry foods such as crackers, toasted bread, etc. Always keep an eye on your child to prevent choking.

## DAIRY PRODUCTS

The requirement for introducing cow's milk at the age of 9 months is that your child has a varied diet. This means they are eating vegetables, fruit and meat, at least 1/2 cup (125 ml) of dry cereal per day and that these foods are prepared with a little oil or non-hydrogenated margarine to meet their essential fatty acid needs.



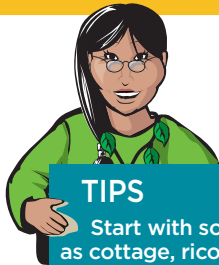
9 to 12 months

(Source: Thanh Van Nguyen, Health Canada)

The child could consume 3.25% fat pasteurized cow's milk or soy milk. Start with small amounts at a time. Replace one bottle with cow's milk and observe their reaction. If well tolerated, gradually increase to a maximum of 900 ml/day (offer 3.25% milk until 2 years of age).

You can also begin to offer yogurt and cheese to supplement their diet. Milk remains the basis in terms of dairy products.

**Remember that breastfeeding is the first choice up to the age of 2!**



### TIPS

Start with softer cheese such as cottage, ricotta, etc. Then you can continue with the firmer cheese, grated or thinly sliced.

Add mashed fruit to natural yogurt yourself. Naturally flavoured yogurts are also an option.



### FRUIT

Your little one is now able to eat pieces of fruit such as grapes cut into four pieces, oranges, grated apple, banana pieces, etc.

Strawberries, raspberries and blackberries must be mashed with a fork or cut into small pieces. Blueberries, red seeds and cloudberries (bake-apples) have a thicker skin, so you must continue to mash them.

### MEAT



Starting at 9 months, your child can eat minced meat.

### SNACKS

Now that they have a bigger appetite, you can provide nutritious snacks to supplement your child's diet.

### BABY EATING HABITS FROM 0 TO 12 MONTHS

At this age, your child is in a period of great discovery! They want to try everything and are interested by what's on your plate. They are curious.

What you should do as parents: feed them at their own pace. If they want to touch food with their hands, let them. They will indicate when they're finished.

# ▶▶▶ 1 to 2 years

Your child now has a wide range of foods on their menu. They eat their three meals a day and even one or two snacks.



Remember, a food item might be introduced 8 to 12 times on average before the child agrees to eat it. Continue introducing this food item from time to time and they will eventually take it!

Be careful of sugar (cakes and pastries), salt (chips, commercial soups and canned food) and harmful fats like shortening (Crisco, Tenderflake), oil or hydrogenated margarine.



## MILK

At this age, you can start to completely replace breast milk or infant formula with cow's milk at 3.25% fat. The child is now ready to fully digest it. Do not give more than 900 ml per day. They need between 500 and 700 ml per day.

Remember that you can continue to breastfeed up to two years or more if you wish.

You can sometimes use a serving of yogurt or cheese to replace the portion of milk.



## GRAIN PRODUCTS

You can include in each meal a portion of grain products, preferably whole grains such as whole wheat pasta, brown rice, bannock made from whole wheat flour, whole grain bread, oatmeal (whole oats), etc.

A good breakfast cereal can be a healthy and nutritious snack, such as Multi-Grain Cheerios (General Mills), Oatmeal Squares (Quaker) Shreddies (Post), Life (Quaker), etc.

Continue offering infant cereal for breakfast, as this will meet their iron needs, which are still high.



## VEGETABLES

At this age, your child is ready to eat a few varieties of raw, tender and thinly sliced vegetables, such as tomato, cucumber, mushrooms and zucchini.

Warning: they are not yet ready for raw carrots!



## FRUIT

Consider offering them pieces of fruit. At this age, they like to take food with their fingers: bananas, pears, peaches, apples in thin slices, etc.

Don't forget to cut grapes and strawberries into four pieces.

A 2 year old child should consume a maximum of 125 ml (1/2 cup or 4 ounces) of juice per day.



## MEAT

If they like pieces of meat, serve some! Otherwise, you can continue to chop or even mash the meat. If they like, add a little broth or sauce. You can even serve dishes made with rice, meat and mixed vegetables.

## OFFER SOME VARIETY!

Fish, poultry, veal, pork and legumes are all good alternatives to red meat.

A whole egg is a good source of protein, as much as meat.

Starting at 12 months, you can serve seafood and shellfish. Wait until after the age of 4 if there are allergies in the family.

## WHAT ABOUT PEANUT BUTTER?

Given the increasing number of children with peanut allergies, pay particular attention when serving CREAMY peanut butter. Wait until the age of 4 if there are allergies in the family. Pay attention to symptoms, such as:

- ▶ Crying
- ▶ Repeated diarrhea
- ▶ Constipation
- ▶ Blood in the stool
- ▶ Vomiting
- ▶ Skin rashes
- ▶ Swelling of the lips, tongue and throat

(See table on allergies on page 48).

Wait until they are 4 before offering nuts and whole peanuts to your child.

**Finished with the bottle! The glass is introduced gradually. Your little one will surprise you!**



## YOUR CHILD'S EATING BEHAVIOUR AT 12 TO 18 MONTHS

Your child is increasingly skilled. They express themselves more and want to do things on their own. They react to any orders given concerning their diet. They will prefer not eating rather than be given orders.

Attitudes to develop as parents:

- ▶ Establish a regular schedule for meals
- ▶ Follow the routine, it will secure them.
- ▶ Do not control the child's desire for autonomy.
- ▶ Set limits and have them respected.



## AT 18 MONTHS

This is the NO phase.

They prefer doing things on their own, they can do it! Their appetite can considerably diminish. They accept what is proposed, but may not eat the meat. They begin to show their preferences. They like to play with their food.

Attitudes to develop as parents:

- ▶ Accept their refusal, but continue to present the food.
- ▶ Reduce portion size according to their appetite.
- ▶ Cut food into small pieces so they may easily pick up with a spoon or hands.

Set an example! If they do not eat, remove the plate and they will have to wait for the next meal.

## GUIDE OF PORTIONS AND FOOD TO SERVE ACCORDING TO YOUR CHILD'S AGE

### From 9 to 12 months

### From 1 to 2 years

Grain Products	<p><b>1 serving of baby cereal</b></p> <ul style="list-style-type: none"> <li>▶ 125 to 175 ml of dry baby cereal</li> </ul> <p><b>2 servings of other grain products may be added</b></p> <ul style="list-style-type: none"> <li>▶ 30 ml pasta per serving</li> <li>▶ 30 ml hot cereal per serving</li> <li>▶ A few bites of cracker or toast per serving</li> </ul>	<p><b>1 serving of baby cereal</b></p> <ul style="list-style-type: none"> <li>▶ 125 to 175 ml of dry baby cereal</li> </ul> <p><b>2 servings of other grain products may be added</b></p> <ul style="list-style-type: none"> <li>▶ 1/2 slice of bread per serving</li> <li>▶ 1/4 bagel or flatbread per serving (pita, tortilla)</li> <li>▶ 75 ml rice, bulgur, quinoa or hot cereal per serving</li> <li>▶ 20 g cold, ready-to-eat cereal per serving</li> <li>▶ 75 ml pasta per serving</li> </ul>
Vegetables	<p><b>2 servings</b></p> <ul style="list-style-type: none"> <li>▶ 30 to 50 ml per serving</li> </ul>	<p><b>2 to 3 servings</b></p> <ul style="list-style-type: none"> <li>▶ 50 to 75 ml per serving</li> </ul>
Fruit	<p><b>2 servings</b></p> <ul style="list-style-type: none"> <li>▶ 30 to 50 ml per serving (Juice: max. 60 to 90 ml daily)</li> </ul>	<p><b>2 to 3 servings</b></p> <ul style="list-style-type: none"> <li>▶ 50 ml to 75 ml per serving</li> <li>▶ 1/4 to 1/2 fruit per serving (Juice: max. 125 ml daily)</li> </ul>
Meat and Alternatives	<p><b>2 servings</b></p> <ul style="list-style-type: none"> <li>▶ 15 to 30 ml meat, poultry, fish or egg per serving</li> <li>▶ 50 ml legumes per serving</li> <li>▶ 30 g firm tofu per serving</li> </ul>	<p><b>2 to 3 servings</b></p> <ul style="list-style-type: none"> <li>▶ 30 to 45 ml meat, poultry or fish per serving</li> <li>▶ 50 to 75 ml legumes per serving</li> <li>▶ 50 g to 75 g firm tofu per serving</li> <li>▶ 1 egg per serving</li> <li>▶ 15 ml nut butter per serving</li> </ul>
Milk and Alternatives	<p><b>Milk: 750 to 900 ml per day</b></p> <p><b>Milk can be reduced by about 250 ml and replaced with 2 servings of alternatives.</b></p> <ul style="list-style-type: none"> <li>▶ 75 ml yogurt per serving</li> <li>▶ 30 to 60 ml cottage cheese, quark or ricotta per serving</li> <li>▶ 15 g firm cheese per serving</li> </ul>	<p><b>Milk: 600 to 720 ml per day up to 1 year / 500 ml around age 2.</b></p> <p><b>2 servings of alternatives may be added:</b></p> <ul style="list-style-type: none"> <li>▶ 100 g or ml yogurt or kefir per serving</li> <li>▶ 40 to 60 ml cottage cheese, quark or ricotta per serving</li> <li>▶ 15 to 20 g cheese per serving</li> <li>▶ 30 to 60 g fresh cheese with fruit per serving</li> </ul>

Source: Doré, Nicole; Le Hénaff, Danielle. "From Tiny Tot to Toddler, A practical guide for parents from pregnancy to age two." Québec, Institut national de santé publique du Québec, 2013. Page 473.

**GUIDE OF PORTIONS AND FOOD TO SERVE  
ACCORDING TO YOUR CHILD'S AGE (CONTINUED)**

	From 9 to 12 months	From 1 to 2 years
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>▶ <b>Baby cereal</b></li> <li>▶ <b>Variety of grain products:</b> <ul style="list-style-type: none"> <li>▶ Hot cereal, oatmeal</li> <li>▶ Couscous, millet, barley, quinoa</li> <li>▶ Unsalted crackers</li> <li>▶ Roasted or dried bread, pita, chapatti, tortilla</li> <li>▶ Pasta</li> <li>▶ Short grain sticky rice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Baby cereal</b></li> <li>▶ <b>Ready-to-eat cereal</b></li> <li>▶ <b>All kinds of grain products</b></li> </ul>
<b>Vegetables and Fruits</b>	<ul style="list-style-type: none"> <li>▶ <b>Variety of soft-cooked vegetables</b></li> <li>▶ <b>Variety of peeled fruits, soft or strained:</b> <ul style="list-style-type: none"> <li>▶ Cantaloupe, melon,</li> <li>▶ Chopped seedless grapes and pitted cherries</li> </ul> </li> <li>▶ <b>Pureed berries:</b> <ul style="list-style-type: none"> <li>▶ Blueberries</li> </ul> </li> <li>▶ <b>Mashed berries:</b> <ul style="list-style-type: none"> <li>▶ Strawberries</li> <li>▶ Raspberries</li> <li>▶ Blackberries</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>All kinds of cooked or raw soft and cut into strips</b></li> <li>▶ <b>All kinds of peeled fruit, diced</b></li> </ul>
<b>Meat and Alternatives</b>		<ul style="list-style-type: none"> <li>▶ <b>Peanut, almond or other nut butter (creamy)</b></li> <li>▶ <b>Seafood:</b> <ul style="list-style-type: none"> <li>▶ Shrimp</li> <li>▶ Lobster</li> <li>▶ Scallops</li> </ul> </li> <li>▶ <b>Fish:</b> <ul style="list-style-type: none"> <li>▶ Pollock</li> </ul> </li> <li>▶ <b>Egg</b></li> </ul>
<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>▶ <b>Cow's milk (3.25% M.F.*)</b></li> <li>▶ <b>Yogurt, kefir</b></li> <li>▶ <b>Mild firm cheese, in strips</b></li> <li>▶ <b>Fresh cheese:</b> <ul style="list-style-type: none"> <li>▶ Cottage</li> <li>▶ Quark</li> <li>▶ Ricotta</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▶ <b>Variety of cheeses</b></li> <li>▶ <b>Fresh cheese with fruit</b></li> <li>▶ <b>Frozen yogurt or ice cream</b></li> <li>▶ <b>Milk-based desserts</b></li> </ul>

Source: Doré, Nicole; Le Hénaff, Danielle. "From Tiny Tot to Toddler, A practical guide for parents from pregnancy to age two." Québec, Institut national de santé publique du Québec, 2013. Page 471.





# An Innu legend

## TSHAKAPESH



shakapesh is a character well known to the Pekuakamiulnuatsh, adults and children alike. He is the hero of a legend in which he has a series of adventures. We see him getting into all kinds of situations.

He is a strange being with special powers, one of which is his ability to change his size whenever he wants. As we see in the stories, Tshakapesh grows very fast, in leaps and bounds. First he is a baby, then a young boy and finally a man, in his grown adult form.

- Why don't we have parents?
- Katshituasku killed them when they were collecting birch bark, replied his sister.

Once he was getting ready to go hunting, so he asked his sister in what direction Katshituasku lived. His sister told him not to go that way because he would get killed too. So Tshakapesh went off in another direction. But he ended up convincing himself that this monster couldn't be so dangerous. When he was sure his sister could no longer see him, he headed for the mountain where the bear lived. He found numerous bear tracks and followed them right to the mountain.

As he climbed, he sang: "I want to meet Katshituasku, the one who killed my mother and father." The monster heard him and decided to send some other bears to face Tshakapesh, hoping he would drop dead just on seeing them. But Tshakapesh sent

them all back to their master. Katshituasku then decided to confront Tshakapesh himself, certain that Tshakapesh would not survive after seeing him. Tshakapesh heard him coming and ran quickly to bury his bow and arrows at the foot of the mountain. "After he sniffs and licks me over, he'll throw me down with his snout," thought Tshakapesh. When Katshituasku came out of the forest, he saw Tshakapesh lay down on the ground, pretending to be dead. "Is this the one who wanted to meet me so much? All it took for him to drop dead was to hear me!" He pushed Tshakapesh along with his paws, but without knowing it, took him right to his bow. Tshakapesh jumped to his feet and grabbed his bow. Katshituasku was afraid and moved back, but then offered this challenge to Tshakapesh:

- You'll never be able to kill the one who took your parents away from you. He is too hard to kill. It's as hard as that larch tree you see over there. Tshakapesh shot an arrow, which shattered the larch tree into pieces. Katshituasku almost ran away again, but instead he suggested a new challenge:

- Do you see the point of that cliff? Aim for it and you'll see how hard it is!

Tshakapesh took aim for the cliff and let fly another arrow. The point of the cliff crumbled. This was too much for Katshituasku, who tried to escape. But Tshakapesh killed him.

Then he slit him open, hoping to find the bones of his mother and father. If he could find their bones, he could bring them back to life. But all he found were a few strands of hair. He returned home with the bear's head for himself and the meat for his sister. It was very important for him to be close to his family and get them the food they needed to live.

Source: <http://www.nametauinnu.ca/fr/culture/spiritualite/tshakapesh>



## ▶▶▶ 2 to 4 years



**YOUR CHILD STILL  
REQUIRES 500 ML  
OF MILK PER DAY.**

You now have greater freedom in terms of food to offer your child. At age 2, they can eat a whole apple, peeled, and whole berries. Grapes should be cut into four up to age 4.

Continue grating hard raw vegetables such as celery, turnip and carrots.

Remember that because of the risk of choking, you must wait until the age of 4 before giving the following foods:

- ▶ Peanuts
- ▶ Nuts
- ▶ Seeds
- ▶ Popcorn
- ▶ Hard candies
- ▶ Cough lozenges
- ▶ Gum
- ▶ Whole fresh grapes
- ▶ Raisins
- ▶ Wieners cut the right way (half-circles)
- ▶ Raw carrots and celery
- ▶ Etc.



## TWO-YEAR OLD CHILDREN'S EATING BEHAVIOUR

Children are better able to express their needs. They prefer routines and rituals. They learn primarily by imitating you. They like to eat on their own and will accept your help when tired. They can better hold their spoon and glass. Their appetite has improved. They are curious and like to try new food, so do not hesitate! They like to snack between meals, so offer nutritious snacks.

Attitudes to develop as parents: Eat together with the whole family, no TV. Have set meal times. Use your influence, as well as help from brothers and sisters, to make the child try new food. Offer small snacks between meals.

## 3-4 YEARS

They are able to express their refusal in words rather than actions. They begin to refuse certain items, especially vegetables and new food. Their appetite decreases.

Attitudes to develop as parents:

- ▶ Eat in front of your child.
- ▶ Leave them determine how much they want to eat.
- ▶ Avoid making threats if they refuse.

- ▶ Introduce the menu as is, rather than asking them what they want to eat.
- ▶ Do not insist they clean their plate.

## A COMPLETE AND BALANCED MEAL

Your child now eats like you, or almost! They can eat the same meals as you. One less chore! Make up each meal with at least one food item from each group from Canada's Food Guide for First Nations: one grain product, a vegetable or fruit, milk and meat or an alternative.

## SNACKS

Given its growing appetite, it might be a good idea to offer your child a snack between meals. Give them one 2 hours before meals so as not to ruin their appetite. Choose at least one food item from two of the groups from Canada's Food Guide for First Nations.

Examples: cheese and grapes, a homemade muffin and a glass of milk, vegetables and crackers, yogurt and oatmeal cookies, etc.

**GOLDEN RULES:**

- ▶ Serve food with a calm and positive attitude.
- ▶ Set a good example and eat the same thing as your child. They will imitate you.
- ▶ When they refuse to eat a food item, respect their choice. Introduce several food choices and include one you know they will like. Do not stop presenting the food they have rejected. It will come!
- ▶ When they are no longer hungry, respect them.
- ▶ The **QUALITY** of what you present to your child is up to you, and they may choose the **QUANTITY**.

COMMENTS FROM PARENTS	REACTIONS FROM PROFESSIONALS
My child only wants to eat fast food: Examples: poutine, hamburgers, hot dogs, croquettes, etc.	Begin early to make them happy with good food. It is up to you to make them discover new quality food items and eat them together.
Fast food is quick and easy to prepare.	You can prepare things faster than «fast food». Balanced meals can be made quickly. It is your responsibility to learn how to cook delicious food.



**The best thing to drink is water! Do not forget to give me some, I need it!**

# ▶▶▶ Questions from parents

Your nutrition  
specialist answers  
your questions



“My child refuses to eat vegetables; do you have any solutions for me?”

You’re not alone in this situation. Sometimes children refuse to eat certain foods or try new ones. It is important to get your child to try new foods from a young age. Their refusal is not a reason to no longer offer this particular food. The secret is perseverance. Remember that it can sometimes take 8-10 attempts before your child gets used to the food.

**Tip:** Ask your child to taste the food. If they refuse to eat, remove the plate for a few minutes, without making any comments. If the child is really hungry, they will let you know. In this case, you should offer

them a choice of food with good nutritional value. If they refuse again, accept the refusal, pointing out that the next food will be served at snack time. Keep in mind that refusing food allows children to express their autonomy and to get parents’ attention. If they see

that their refusal does not really get your attention and that you are not upset, it will not become a tool for them to manipulate you.

forget that you're the one who has to establish a routine for meals: 3 meals and snacks at set times. This should secure the child.

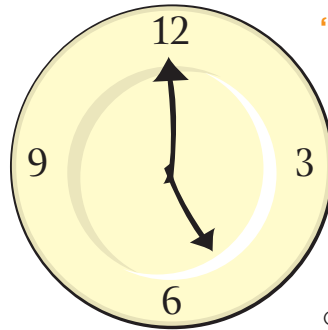
**“I’M WORRIED BECAUSE MY CHILD IS NEVER HUNGRY AT MEALTIMES.”**

It is important to understand that children have growth spurts that cause them to eat a lot some days and less on others. It is important to listen to your child and respect their hunger.

It is also important to check the food eaten between meals which can suppress their appetite (e.g., chips, chocolate, cookies, etc.) Also remember to check the amount of liquid they drink (e.g. juice, milk, soft drinks).

Did you know that it is important to limit what they drink with meals because the child’s stomach is so small that if they fill it with liquid, there will be no room for solids?

We sometimes tend to give our children large portions. Serve smaller portions. Focus on the quality of food and let the child decide how much they eat. Do not



**“MY CHILD DOES NOT EAT MUCH AND NEVER CLEANS HIS PLATE.”**

You are responsible for respecting your child’s hunger. Focus on quality and your child will decide how much. From birth, the child recognizes the signals “I’m hungry” and “I’m not hungry”. Never force your child to empty a bottle or a plate.

When the child seems hungry, name the hunger signs to your child: “You’re hungry, your stomach is growling...” Help the child to distinguish between real hunger and emotions, such as boredom and stress, which sometimes causes them to circle around the refrigerator without really being hungry. If bored, find a solution with them to occupy them with something other than food, such as playing a game, watching a movie or drawing.

It is important to create a good atmosphere around the table, it can help to stimulate the child's appetite. Having pleasant family discussions and even having friends over can be stimulating for the child.

Advice:

- ▶ Avoid eating while watching television.
- ▶ Also avoid tensions between family members at the table: this may affect your child's appetite.

### **“CLEAN YOUR PLATE OR YOU WON'T GET ANY DESSERT.”**

Do not encourage your child to eat their emotions. To do this, avoid using food as a reward, starting at an early age. Your child is able to determine whether or not they are still hungry. They will not let themselves starve, don't worry! Offer them dessert even if they haven't cleaned their plate. Dessert must consist of nutritious food such as yogurt with fruit, an oatmeal cookie with a glass of milk, fruit compote, etc.

### **“MY CHILD ALWAYS WANTS TO EAT, WHAT SHOULD I DO?”**

A child who is fed continuously will lose the necessary signals to identify hunger (I'm really hungry) and satiety (I am no longer hungry) which will guide them towards recognizing the amount of food they need to eat to be satisfied (having eaten enough) throughout their life.

### **ESTABLISH CLEAR RULES AS TO THE TIME AND THE FOOD SERVED AT MEAL AND SNACK TIMES.**

It is important to ask them why they want to eat. If the real reason is not hunger, address the issue mentioned. If you believe they have had enough to eat at mealtime and the snacks they had were insufficient, you have the right to refuse to offer other food. Your refusal can be frustrating for the child, but remind yourself that this will help shape their character.



## ▶▶▶ Medical aspect



### ALLERGIES AND FOOD INTOLERANCES

If there are people with allergies in your family, do not hesitate to contact a health care professional to have more details on prevention.

What to do?

#### BREASTFEEDING

If you notice that your baby reacts to a food that passes through your milk, stop eating it. Your baby should no longer show symptoms. To find out if your baby is allergic, you can do some tests like stop eating the suspected food for 7

days and observe the reactions. If your baby feels better, you've probably found the problem food. After 7 days, you can start eating the food again. If symptoms return, it means your baby is reacting to this food. Stop eating it during breastfeeding.

#### INTRODUCING COMPLEMENTARY FOODS

As the immune system takes some time to fully develop after birth, many have been led to believe that by introducing complementary

**Consult a nutritionist  
or a nutrition technician  
to develop a menu tailored  
to your child's needs!**

foods too early in the baby's diet, it could increase the risk of developing allergies. Again, no evidence has established that delaying the consumption of solid food would reduce allergy risks. In fact, even if a food is introduced late, it will not prevent an allergy from appearing. However, the older the child is, the more they will be able to report discomfort caused by an allergic reaction, which will help manage the situation in case of signs and symptoms. <http://www.nospetitsmangeurs.org/article/quoi-penser/59-les-allergies-alimentaires>

Follow the order of introduction of complementary foods offered in this food guide and pay particular attention to each new food introduced. A 3 to 5 day wait between each new food will help you detect an allergy if one appears.

If your baby shows signs of allergies listed in the following table, see a doctor immediately. They will conduct the appropriate tests to diagnose the allergen. If the allergy is confirmed, you will have to remove the food from your child's menu.

**If you change your diet, consult a health care professional, such as a nutritionist to balance your menu.**

## THE DIFFERENCE BETWEEN ALLERGIES AND FOOD INTOLERANCES

	FOOD ALLERGY	INTOLERANCE
<b>Life in danger? (Yes or No)</b>	Can lead to complications, including death.	No danger to life.
<b>Main reactions in individuals who come in contact with the food</b>	Violent immune system reaction: <ul style="list-style-type: none"> <li>▶ Hives;</li> <li>▶ Swelling;</li> <li>▶ Projectile vomiting;</li> <li>▶ Trouble breathing, asthma;</li> <li>▶ Nausea;</li> <li>▶ Tingly mouth.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Headaches;</li> <li>▶ Stomach aches;</li> <li>▶ Intestinal discomfort;</li> <li>▶ Cramps;</li> <li>▶ Diarrhea and gas.</li> </ul>
<b>Can I eat that food again?</b>	Avoid these foods at all times.	Sometimes tolerated in small quantities.
<b>Does the reaction occur upon initial contact with the food and are the symptoms the same?</b>	Must have come in contact with the food once before having a reaction. The reactions get worse from one time to the next. (Go to emergency or see the staff on duty at the health centre).	The person has a reaction every time and the symptoms are the same from one time to the next.
<b>When does the reaction occur?</b>	Reaction instantaneous or 1 to 2 hours after ingestion.	<p>During digestion a few hours later.</p> <p>Example: Lactose intolerance May have a stomach ache after drinking a glass of milk. It is not dangerous. You can try again, but in small amounts.</p> <p>Many people tolerate yogurt and cheese. Try lactose-free milk, or "Lactaid" tablets or drops. Milk should not be totally eliminated – since it is not an allergy.</p>



## GASTROENTERITIS

Gastroenteritis is an infection of the intestine, sudden onset with a generally short duration, manifested by frequent watery stools sometimes accompanied by blood (diarrhea), and is often accompanied by nausea, vomiting, fever or abdominal pain. Most of the time, the virus subsides in a few hours or a few days (2-5 days).

**The main danger of this virus is dehydration.**

To facilitate a faster recovery, it is recommended to drink often to stay hydrated.

	DIARRHEA WITH LITTLE OR NO VOMITING	DIARRHEA WITH MORE THAN TWO VOMITING EPISODES
<b>Breastfed baby</b>	Continue breastfeeding as usual. Breast milk favours healing.	Continue breastfeeding with shorter but more frequent feedings. If the child is not feeding well, give 5 to 10 ml (1 to 2 tsp.) of electrolyte solution every 5 to 10 minutes.
<b>Baby fed with infant formula</b>	Give milk as usual and alternate with an electrolyte solution.	Stop the usual diet for about 4 hours. Give 5 to 10 ml (1 to 2 tsp.) of electrolyte solution every 5 to 10 minutes. When vomiting decreases, gradually increase the amount of milk.
<b>Children and adults</b>	Give the usual food and an electrolyte solution.	Stop the usual diet for about 4 hours. Give 5 to 10 ml (1 to 2 tsp.) of electrolyte solution every 5 to 10 minutes. When vomiting decreases, return to regular food in small quantities.

Important: resume normal diet within 4 to 12 hours will help heal symptoms. A liquid only diet without milk or food may last from 4 to 12 hours, but never more than 18 hours. Your child can therefore eat small amounts of food that are part of their diet.

Electrolyte solutions: Pedialyte, Gastrolyte, etc.

**Baby under 6 months:**  
Give 30 to 90 ml (3 tbsp. to 1/3 cup) every hour.  
**6 to 24 months:** 90 to 125 ml (1/3 to 1/2 cup) every hour.  
**Over 24 months:** 125 to 250 ml (1/2 to 1 cup) every hour.

Avoid giving liquids such as apple juice or a soft drink like flat 7-Up, as they can aggravate diarrhea. Offer only solutions such as Pedialyte and Gastrolyte. Do not give Gatorade because the sugar concentration is too high and it can aggravate diarrhea.

**In case of emergency, contact a doctor if:**

- ▶ Diarrhea and vomiting persist for more than 5 days.
- ▶ There is blood in the stool or stools are black.
- ▶ There are signs of dehydration: little or no urine, sunken eyes, dry skin, dry mouth.

- ▶ The child cries without tears.

**Remember to wash hands:**

- ▶ After using the toilet.
- ▶ After changing diapers.
- ▶ Before handling food or preparing the bottle.

## CONSTIPATION

Is your child forcing? Are they in pain and do they have small, hard and dry stools? They are probably suffering from constipation.

**Breastfed baby:**

- ▶ Make sure your baby is drinking enough.
- ▶ Offer your breast more often.
- ▶ Massage their belly with your fingers.

**Baby fed with infant formula:**

- ▶ Give about 15 ml (1 tbsp.) of electrolyte solution between feedings.
- ▶ If over 3 months, you can add 15 ml (1 tbsp.) of boiled water, prune, apple or pear juice.

**Baby over 6 months:**

- ▶ Offer lots of water.
- ▶ Offer prune juice.



- ▶ Offer more vegetables and mashed prunes.
- ▶ Add 5 ml (1 tsp.) of wheat bran in their cereal.
- ▶ Offer fruit over fruit juice as they contain more fiber.
- ▶ Establish a routine: go to the bathroom regularly with the child and teach them not to hold it in. They must go when they need to!
- ▶ Around 9 months, your child can start eating mashed legumes such as kidney beans, chickpeas, etc.
- ▶ MOVE! Exercise helps with bowel movements.



## ANEMIA

I don't feel well, I feel tired, I'm pale, fatigued, have no appetite and am irritable. I'm uninterested and have trouble learning. My tongue is red and sore and I'm often sick. Talk to your doctor about it.

### Advice:

**At meals, include a food that is high in iron and one that is high in vitamin C.**

**Myth: rice cereal, carrots, bananas and cheese cause constipation. This is wrong! You can continue feeding them to your child.**

Anemia is caused by a lack of iron in the blood. This is a fairly common problem among children 6 to 24 months. It needs to be addressed because it affects the child's health.

#### Iron-rich food:

Moose or red meat, iron-rich cereal for infants, beans, oatmeal (cream of wheat is richer), dried fruits, pea soup, potato with skin.



#### Foods rich in vitamin C:

Blueberries, oranges, strawberries, kiwis, pure fruit juices, tomatoes, vegetable juice, pineapple, red seeds.



## BEWARE OF COW'S MILK!

Did you know that giving cow's milk before 9 months may cause anemia in your baby? Cow's milk:

- ▶ Can cause intestinal blood loss.
- ▶ Only contains very little iron and this iron is poorly absorbed by the body.

### To prevent anemia!

Do not forget to give iron-fortified formula until 9 to 12 months.

### Iron-rich food:

- ▶ Iron-rich cereal for infants
- ▶ Moose or red meat
- ▶ Liver (once a week and not from game);
- ▶ Beans or legumes;
- ▶ Egg yolk;
- ▶ Dark green vegetables.

### Foods rich in vitamin C:

- ▶ Oranges, clementines, lemon, grapefruit, etc;
- ▶ Strawberry, blueberry, kiwi, mango;
- ▶ Red seeds;
- ▶ Cabbage, cauliflower, broccoli, peppers;
- ▶ Vegetable juice.

Combining a food item rich in iron with one rich in vitamin C in the same meal helps iron absorption.

### Advice for preventing anemia:

- ▶ Offer a varied diet.
- ▶ Do not give cow's milk before 9 months.
- ▶ Keep breastfeeding for as long as possible and iron-fortified formulas until 9-12 months.
- ▶ Do not give tea, coffee (can cause a decrease in iron absorption), soft drinks or chocolate;
- ▶ Offer iron-fortified cereal up to 2 years.

### Baby Bottle Tooth Decay

Also called early childhood caries, baby bottle tooth decay is the development of dental caries caused by liquids, sometimes sweet, which remain too long in the child's mouth. It often occurs in children who fall asleep while sucking their bottle.



Do not let your child sleep with a bottle of milk or juice. Brush their teeth or gums before bedtime.



# ▶▶▶ Homemade purees for baby



## NECESSARY UTENSILS FOR PREPARING PUREES

Practical utensils to have at home

- Electric mixer or
- Food processor or
- Manual food processor (example: Starfrit)
- Saucepans
- Measuring cups and spoons
- Ice cube trays
- Freezer bags with ties
- Dishes
- Spoons, knives, forks

### Some hygiene rules:

To reduce the risk of food contamination and to protect your baby against useless infections, you must take some very simple steps:

- ▶ Wash your hands before handling food used to prepare purees.
- ▶ When food is cooked and pureed, cover with waxed paper and refrigerate immediately. Never leave cooked food at room temperature.
- ▶ When preparing small amounts at a time, store them in the refrigerator for 3 days, maximum.
- ▶ Do not refreeze thawed puree.

### Some tips for successful homemade purees:

- ▶ Avoid canned foods because they contain too much salt and sugar. If you use them, rinse them first.
- ▶ Choose fresh fruits and vegetables that are available depending on the season.
- ▶ Choose frozen products to vary the menu.

Start by tasting each food individually. Then you can blend food items such as pureed meat and vegetables.

### Beware of nitrates!

It is best to wait until your baby is 9 months before introducing nitrate-rich vegetables such as beets, turnip and spinach. Carrots are also rich in nitrates, but they are very popular with kids, so you can prepare some in fresh water and discard the cooking water, until the age of 9 months.

### Freezing purees

- ▶ Pour the puree into ice cube trays and refrigerate immediately.
- ▶ Freeze the purees after they have cooled off in the refrigerator.



(Source: Thanh Van Nguyen, Health Canada)

- ▶ Cover the ice cube trays with waxed paper and place them in the coldest part of the freezer away from the door.
- ▶ Leave them as such for 8 to 12 hours.
- ▶ For better conservation, transfer them to a freezer bag designed for this purpose.
- ▶ Place the puree in a small saucepan or a double boiler (bain-marie) and heat over low heat, or place in microwave for 30 seconds.
- ▶ Mix with a spoon to distribute the heat.
- ▶ Always check the temperature by pouring a few drops on the tip of your tongue or the back of your hand.

**Thawing and preparation of purees**

- ▶ Remove from the freezer the number of cubes needed for the meal.
- ▶ Never add salt or sugar to puree.

**CONSERVATION TABLE FOR PUREES**

TYPE OF PUREE	REFRIGERATOR	FREEZER
<b>Vegetables, fruit</b>	2 to 3 days	6 to 8 months
<b>Meat, poultry, fish</b>	1 to 2 days	1 to 2 months
<b>Meat with vegetables</b>	1 to 2 days	1 to 2 months

## ASPARAGUS PUREE

### Ingredients:

- ▶ 1 lb of fresh asparagus
- ▶ Cooking water

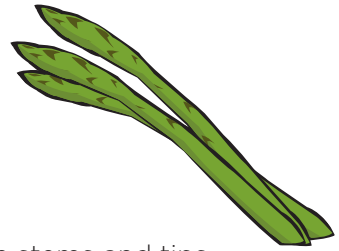
### Preparation:

Break off the tough ends of the asparagus. Wash the stems and tips, and cut into 5-cm pieces. Steam for 10 to 15 minutes or until tender.

Allow to cool for 3 minutes. Put half the asparagus in a blender with a bit of cooking water. Puree. Repeat the process with the rest of the asparagus. Pour into an ice cube tray and freeze.

**Yield:** 325 ml

**Keeps for:** 6 to 8 months



## BROCCOLI PUREE

### Ingredients:

- ▶ 1 bunch of fresh broccoli
- ▶ Cooking water

### Preparation:

Cut off the stems and set aside. Keep only the florets for baby food. Steam the broccoli for 10 to 15 minutes or until tender and bright green.

Allow to cool for 3 minutes before putting the broccoli in the blender. Put half the broccoli florets in blender and add 60 ml of the cooking water. Puree. Repeat the process with the rest of the broccoli. Pour into ice cube trays and freeze.

**Yield:** 325 ml

**Keeps for:** 6 to 8 months



## CARROT PUREE

### Ingredients:

- ▶ 2 lbs of fresh carrots
- ▶ Spring water

### Preparation:

Peel the carrots and slice into 2.5-cm pieces. Steam for 15 to 20 minutes or until tender. Allow to cool slightly for 3 minutes.

Put 375 ml of carrots in a blender and add 80 ml of boiled spring water. Never use the cooking water, because it contains nitrates that can be dangerous for the baby's kidneys. Puree. Repeat the process with the rest of the carrots. Pour into 2 ice cube trays and freeze.

**Yield:** 500 to 750 ml

**Keeps for:** 6 to 8 months



## CAULIFLOWER PUREE

### Ingredients:

- ▶ 1 small head of cauliflower
- ▶ Cooking water
- ▶ 125 ml of breast milk or formula

### Preparation:

Break the cauliflower into florets. Remove all the green parts. Wash thoroughly. Steam for 15 to 20 minutes. Stir with a fork half-way through cooking time.

Allow to cool slightly for 3 minutes before putting in a blender, and add 250 ml of cooking water and 60 ml of breast milk or formula. Puree. Repeat the process with the rest of the ingredients. Pour into 2 ice cube trays and freeze.

**Yield:** 500 to 750 ml

**Keeps for:** 4 to 6 weeks

## PUMPKIN PUREE

### Ingredients:

- ▶ 1 small pumpkin
- ▶ Water



### Preparation:

Brush and wash the pumpkin. Cut pumpkin in two and remove the seeds. Put both halves on a cookie sheet, cut side facing down. Bake at 350°F for approximately 45 minutes or until pumpkin is tender.

Allow to cool slightly for 3 minutes. Put the flesh in a blender with 60 ml of boiled water. Puree. Pour into an ice cube tray and freeze.

**Yield:** Varies with the size of the pumpkin.

**Keeps for:** 6 to 8 months

## GREEN BEAN PUREE

### Ingredients:

- ▶ 1 1/2 lbs of tender young green beans, or frozen green beans (not canned)
- ▶ Cooking water

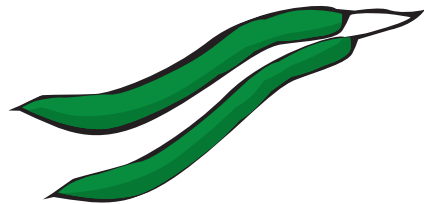
### Preparation:

Snap off the ends of the beans. Cut each bean into three pieces. Steam for 10 to 15 minutes or until nice and tender.

Allow to cool slightly for 3 minutes before putting in a blender with 80 ml of the cooking water. Puree. Repeat the process with the rest of the beans. Pour into 2 ice cube trays and freeze.

**Yield:** 500 to 750 ml

**Keeps for:** 6 to 8 months



## PEACH PUREE

### Ingredients:

- ▶ 1 litre (4 cups) of fresh peaches, peeled, pitted and sliced, or canned peaches in juice (not light syrup)
- ▶ Cooking water

### Preparation:

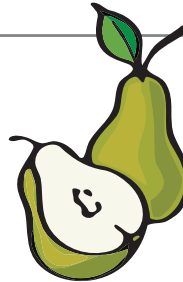
Cook peaches in about 125 ml of water. Bring to a boil, reduce heat and simmer for 15 to 20 minutes or until tender.

Allow to cool for 5 minutes. Put half the peaches in a blender with 15 ml of the cooking water. Puree. Repeat with the rest of the peaches. Pour into 2 ice cube trays and freeze.

**Yield:** 325 to 500 ml

**Keeps for:** 6 to 8 months

**Comment:** Once your baby is older than 8 months, simply crush fresh peaches with a fork.



## PEAR PUREE

### Ingredients:

- ▶ 9 to 11 medium pears
- ▶ Cooking water

### Preparation:

Peel the pears, cut into quarters and remove the core. Cook in 125 ml of water. Simmer for 20 to 30 minutes or until tender.

Allow to cool for 5 minutes. Put half the pears in a blender with 30 ml of the cooking water. Puree. Repeat with the rest of the pears. Pour into 2 ice cube trays and freeze.

**Yield:** 500 to 750 ml

**Keeps for:** 6 to 8 months

## APPLESAUCE

### Ingredients:

- ▶ 8 to 10 apples
- ▶ Cooking water

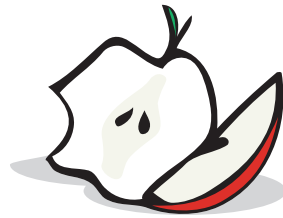
### Preparation:

Peel and core the apples. Cut them into quarters and slice. Cook in 125 ml of water. Bring to a boil, reduce heat and simmer for 20 minutes or until tender.

Allow to cool for 5 minutes. Put 500 ml of apples in a blender. Puree. Repeat with the rest of the apples. Pour into 2 ice cube trays and freeze.

**Yield:** 500 to 750 ml

**Keeps for:** 6 to 8 months



## PUREED MOOSE

### Ingredients:

- ▶ 1 lb of tender lean moose, cut into 2.5-cm cubes
- ▶ 1 rib of celery, chopped
- ▶ 3 carrots, peeled and sliced
- ▶ 2 medium potatoes, peeled and quartered
- ▶ 15 ml of minced onion

### Preparation:

Put moose and 560 ml of water in a saucepan and simmer for 45 minutes. Add celery, carrots, potatoes and onion. Cook for about 35 minutes or until vegetables are tender. Remove from heat and allow to cool for a few minutes.

Separate the meat from the vegetables. Put 200 ml of moose in a blender and add 80 ml of the cooking water. Puree until smooth. Repeat with the rest of the moose. Pour into an ice cube tray and freeze.

**Yield:** 300 ml

**Keeps for:** 1 to 2 months

**Comment:** Moose can be replaced with veal to make pureed veal.



## LEGUME PUREE

### Ingredients:

- ▶ 250 ml of split peas
- ▶ Fresh water

### Preparation:

Put peas in a saucepan, cover with a generous amount of water and cook approximately 1 hour. When peas are very tender and can be crushed with a fork, remove from heat, allow to cool a few minutes, and drain.

Put half of the cooked peas in a blender with about 500 ml of fresh water. Puree. Repeat with the rest of the peas. Pour into ice cube trays.

**Yield:** 500 to 750 ml

**Keeps for:** 2 to 3 months

## TOFU PUREE

### Ingredients:

- ▶ 30 to 60 ml of soft tofu

### Preparation:

Mash tofu in a dish and serve.

**Yield:** One meal.

**Keeps for:** Can be eaten as needed. An opened package of tofu can be kept in water, in the fridge, for 7 to 10 days.



## CONVERSION GUIDE

MI	Spoon	Oz	Cup
0,5 ml	1/8 tsp	-----	-----
1 ml	1/4 tsp	-----	-----
2 ml	1/2 tsp	-----	-----
5 ml	1 tsp	-----	-----
15 ml	1 tbsp	-----	-----
30 ml	2 tbsp	1 oz	-----
60 ml	4 tbsp	2 oz	1/4 cup
80 ml	-----	-----	1/3 cup
125 ml	-----	4 oz	1/2 cup
150 ml	8 tbsp	-----	2/3 cup
175 ml	-----	-----	3/4 cup
250 ml	16 tbsp	8 oz	1 cup
500 ml	-----	16 oz	2 cups
1000 ml (1 litre)	-----	32 oz	4 cups

Temperature	
200 °F	95 °C
250 °F	120 °C
300 °F	150 °C
325 °F	160 °C
350 °F	175 °C
375 °F	190 °C
400 °F	205 °C

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