Food ideas for your baby

inspq.qc.ca/en/tiny-tot

Grain products

Iron-enriched baby cereals

- ☐ Oat
- ☐ Barley
- ☐ Rice
- ☐ Soy
- ☐ Mixed (multigrain)

Other grain products

- ☐ Barley
- ☐ Chapati, naan bread, pita bread, tortillas
- ☐ Couscous
- ☐ Cream of wheat
- ☐ Millet
- ☐ Oatmeal
- ☐ Quinoa
- ☐ Pasta
- ☐ Short grain sticky rice
- ☐ Toasted bread
- ☐ Unsalted crackers
- ☐ Unsweetened oat ring cerea

Others

- ☐ _____
- ☐ _____
- ☐ _____

Meat and alternatives

- ☐ **Eggs**

Fish

- ☐ Brook trout and other trout
- ☐ Cod
- ☐ Haddock
- ☐ Halibut
- ☐ Salmon
- ☐ Sole
- ☐ Tilapia

Meat and poultry

- ☐ Beef
- ☐ Chicken
- ☐ Lamb
- ☐ Pork
- ☐ Turkey
- ☐ Veal

- ☐ **Tofu**

Legumes

- ☐ Chickpeas
- ☐ Edamame (soy beans)
- ☐ Lentils
- ☐ White, black, or kidney beans

Smooth nut butters, plain

- ☐ Peanut butter
- ☐ Almond butter

Others

- ☐ _____
- ☐ _____
- ☐ _____

Note: Generally speaking, the foods in this table are presented in alphabetical order and not in order of introduction.
To learn more, see How should I introduce foods?, page 522.

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Food ideas for your baby

Vegetables and fruit

Vegetables

- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Carrots
- ☐ Cauliflower
- ☐ Corn
- ☐ Mushrooms
- ☐ Onions
- ☐ Peas (baby peas)
- ☐ Peppers
- ☐ Potatoes
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Turnip
- ☐ Yellow and green beans
- ☐ Zucchini

Fruit

- ☐ Apricots
- ☐ Apples
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Clementines
- ☐ Grapefruit
- ☐ Grapes
- ☐ Mangos
- ☐ Melons
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums, prunes
- ☐ Raspberries
- ☐ Strawberries

Others

- ☐ _____
- ☐ _____
- ☐ _____

Milk and dairy products

Fresh cheese

- ☐ Cottage
- ☐ Ricotta

Mild hard cheese

- ☐ Cheddar
- ☐ Gouda

- ☐ **Kefir**
- ☐ **Plain yogurt**

Can be introduced between 9 and 12 months

- ☐ Pasteurized cow's milk or goat's milk (3.25% milk fat)

Others

- ☐ _____
- ☐ _____
- ☐ _____