



## Ontario Home Economics Association

### *Ask a Professional Home Economist*

**For Immediate Release**

## **Homemade Baby Food - Simplified**

By Emily Richards B.Sc., P.H.Ec.

New moms and dads can navigate aisles of prepared food when baby is ready for solids. However more parents now recognize the nutritional and economic benefits of homemade baby food.

In 2014, Health Canada, Dietitians of Canada, the Canadian Pediatric Society and the Breastfeeding Committee for Canada simplified guidelines for feeding infants and young children aged 6 to 24 months.

### ***Revised Recommendations for Introducing Foods to Baby***

In brief, the new advice is to “*Start Lumpy*” and “Start with iron-rich solid foods at about 6 months of age – instead of previous recommendations of 4 months. Begin with well-cooked minced, mashed or shredded meat or meat alternatives (such as cooked, mashed beans or lentils, eggs) and iron-fortified infant cereals. After iron-rich foods, introduce vegetables, fruit, grains and milk products such as cheese and yogurt in a variety of textures. Delay introduction of cow’s milk until 9 to 12 months of age and limit intake to 750 mL/day. Avoid honey until at least one year of age.” More at: <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php>

### ***Simple Tips for Making Baby Food***

- Buy produce in season for best selection and price. Check Foodland Ontario for availability charts: <http://www.ontario.ca/foodland/availability-guide>
- Introduce one fruit or vegetable at a time to monitor reaction. Babies may only enjoy a few teaspoons initially, so prep time is minimal;
- Keep it simple – banana or hard cooked egg can be mashed with a fork;
- Steam, boil or microwave fruits and veggies until tender. Purée or mash to desired consistency by adding a bit of the nutrient-rich cooking water;
- Avoid adding salt, sweeteners and spices. Avoid rare and processed meats such as deli meats;
- No need for fancy equipment. Use a blender or sieve to puree, knives to chop and fingers to shred.
- Use clean ice cube trays or small containers to freeze purées to keep variety on hand;
- Meals prepared for the rest of the family are easily adapted for baby.

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**Ontario Home Economics Association (OHEA)**, a self-regulated body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life. For further information, please contact: Ontario Home Economics Association, 1225 Meadowview Rd., RR #2 Omeme, ON K0L 2W0 Tel/Fax: 705-799-2081 Email: [info@ohea.on.ca](mailto:info@ohea.on.ca) Website: [www.ohea.on.ca](http://www.ohea.on.ca)

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