



baby led weaning

Congratulations! Your baby is ready to dive into the exciting world of solid foods! There is so much information on the web about which foods to offer your baby and it's hard to know exactly what your baby should be eating in these early months. I've put together this basic guide in order to help make this exciting time a little easier to navigate.

Did you know the recommended daily allowance of iron jumps from 0.27 mg all the way to 11 mg when a baby hits 7-12 months? This massive shift is because their brains are growing so much at this time and iron is crucial for proper brain development. They are also growing in size quickly as well, meaning they are increasing their blood volume. More blood means more iron is needed to maintain those cells. Between 6-12 months of age we begin to introduce solid foods to baby. It makes sense that those first few foods need to be good sources of iron!

It's also important to make sure you are offering complementary foods so your baby can absorb all the iron from their meals! Pairing iron rich foods with vitamin C foods has been shown to increase the iron absorption. Some high vitamin C foods include citrus fruits, broccoli, brussels sprouts, cauliflower, bell peppers, spinach, cabbage, turnip greens, potatoes and tomatoes.

Additionally, keep in mind that pairing iron rich plant foods (such as beans) with calcium rich foods (such as dairy products) will decrease the amount of iron able to be absorbed at that meal. If you plan on offering a calcium rich food at a meal try pairing it with an animal source of iron instead!

Although iron is very important, and we want to offer iron rich food at every meal, don't stress out if your baby doesn't eat much of it, they're still learning and trying new tastes and textures and that takes time. Offer the iron rich food, but let BABY decide if they'll eat it or not.

Day 1

baby oat cereal 3 TB	5 mg
white beans 1/4 cup	2 mg
cooked spinach 1/2 cup	3 mg
chickpeas 1/4 cup	1 mg
Daily Iron Total:	11 mg

Try these meal pairing ideas to help get you started!

Meal 1: baby oat cereal pancakes with citrus fruit

Meal 2: white bean pate with bell peppers

Meal 3: chopped cooked spinach with chickpea mash

Day 2

tofu 1/2 cup	3 mg
beef liver pate 3 oz	5 mg
sardines 3 oz	2 mg
potato 1/2 medium	1 mg
Daily Iron Total:	11 mg

Meal 1: tofu and potato breakfast scramble

Meal 2: beef liver pate with cauliflower florets

Meal 3: sardines and fruits

Day 3

lentils 1/2 cup	3 mg
white beans 1/2 cup	4 mg
stewed tomatoes 1/2 cup	2 mg
cashew nut butter 1 oz	2 mg
Daily Iron Total:	11 mg

Meal 1: lentil stew with tomatoes

Meal 2: white bean pate with cabbage

Meal 3: cashew nut butter with baby puffs



Still feel like your baby isn't getting enough iron?

Try cooking in a cast iron skillet or add the "lucky iron fish"



Add garlic and onions to their foods. Allium foods have been shown to increase bioaccessibility of iron!