



GUIDE TO INTRODUCING SOLID FOODS



TABLE OF CONTENTS

INTRODUCTION

03

UNDERSTANDING THE STAGES OF ORAL-MOTOR SKILL DEVELOPMENT

04

ALLERGENS

09

USE OF SEASONINGS

16

MILK BEFORE OR AFTER A MEAL?

17

HOW OFTEN SHOULD MEALS BE OFFERED

18

A WEEK-BY-WEEK GUIDE TO INTRODUCING ALLERGENS

19

ORGANIC OR NOT

39

HOW TO PROPERLY CLEAN FRUITS AND VEGETABLES

41

MORE SPECIFIC LIST OF FOODS

42

CONCLUSION

44

ABOUT US

45

INTRODUCTION

Introducing solid foods is an exciting milestone in your baby's development! A varied diet helps your baby receive a wide range of essential nutrients to support healthy growth and development.

Our key message for this new stage:
Have fun with your baby!

WHEN

The introduction of solid foods usually begins around 6 months of age. At this stage, your baby's energy and nutrient needs increase, making it necessary to complement milk with solid foods to support healthy growth and development.

In certain situations, an earlier introduction may be recommended; however, this should always be done in consultation with a healthcare professional.

Some signs that can help you determine whether your baby is ready for solid foods include:

- Your baby can sit upright in a high chair with minimal or no support
- Your baby has good head and neck control
- Your baby shows interest in food (e.g., watching others eat or reaching for food)

UNDERSTANDING THE STAGES OF ORAL-MOTOR SKILL DEVELOPMENT

Understanding how these skills develop is essential for introducing solid foods safely, especially with the growing variety of feeding approaches and trends.

Regardless of the method you choose, it is important to respect your baby's oral-motor development stage to promote positive feeding experiences and reduce the risk of choking.



PRIMITIVE SUCKING ± 0-3 MONTHS

Oral-motor development begins with a primitive (reflexive) rhythmic sucking movement, characterized by a forward-and-back motion of the tongue. At this stage, your baby's jaw and tongue move together.



SUCKING ± 3-6 MONTHS

Next, a more mature rhythmic sucking pattern develops, characterized by an up-and-down movement of the tongue. This is a voluntary sucking movement.



MUNCHING ± 4-9 MONTHS

Around 4 months, an up-and-down jaw movement begins, with the tongue flattening against the palate to mash food. At this stage, your baby's oral-motor development allows for the introduction of solid foods in the form of purées or soft, meltable pieces.

CHEWING PATTERNS



VERTICAL / DIAGONAL ± 7-10 MONTHS

This is followed by an up-and-down and diagonal jaw movement, while food is kept under the gums thanks to the beginning of tongue lateralization.

DIAGONAL / ROTARY ± 10-15 MONTHS

Around 10 months, jaw movements develop that allow food to be ground, along with tongue lateralization. Your baby gradually becomes able to move food from one side of the mouth to the other and keep it positioned under the gums.

ROTARY / CIRCULAR ± 14-24 MONTHS

The final stage is the development of a more mature chewing pattern, including improved fluidity, speed, strength, and endurance. At this stage, your baby begins to keep their mouth closed while eating.

Be a well-informed parent and take the time to learn before beginning the introduction of solid foods, so you can safely support your baby through this stage. Reading this guide is a great starting point and should be used alongside other reliable, high-quality sources of information.

Keep in mind that every child is different, and the age at which skills are acquired may vary from one child to another.

HOW

Choosing feeding methods or food textures when introducing complementary foods has become a widely discussed topic, and for some parents, it can even feel like pressure to choose the “right” approach. Our goal here is to relieve that pressure, as no one method is better than another. What matters most is adapting to your baby and always keeping safety in mind.

It is important to note that the fundamental difference between the traditional approach and baby-led weaning (BLW) lies in the level of the child’s participation, not solely in food texture.

In the traditional approach, parents feed their baby, often using a spoon. With BLW, the baby brings food to their mouth independently, at their own pace. Once again, research shows that no method is superior to another. The key is to choose the approach that works best for your baby and for you.





Also know that it is absolutely possible to adopt a personalized approach: at times, the parent actively supports the feeding process, while at other moments, the baby explores and eats independently.



This generally involves introducing appropriately textured pieces (soft, meltable foods) from the very beginning, as using utensils is less natural for a young baby.

That being said, with either approach, you can start with smooth purées, whether you offer them with a spoon or your baby brings them to their mouth using an age-appropriate utensil.



Gradually introduce semi-smooth purées or fork-mashed foods before moving on to appropriately sized pieces. The goal is to progressively advance textures so that by around one year of age, your child can eat foods in a variety of forms.



PLEASE NOTE

Some foods pose a choking risk up to the age of 4. It is therefore recommended to consult a healthcare professional to better understand the risks and which foods are involved.



WHAT TO START WITH

The general recommendation is to begin complementary feeding with iron-rich foods (iron-fortified cereal, meat, poultry, fish, tofu, eggs, and beans), then gradually introduce a variety of foods, with no specific order. This marks the beginning of a wonderful journey of exploration for your baby!

Our panel of experts does, however, suggest prioritizing vegetables before fruits.

Why? Because we all have a natural predisposition for sweet flavours. To avoid reinforcing this preference too early, it is important to expose your baby's taste buds to a wide range of flavours, including less sweet ones.

Vegetables, which are often less sweet, may be less well accepted at first but don't be discouraged! It can sometimes take up to 10 exposures to a new food or texture before a baby begins to enjoy it.



WATER WHEN STARTING SOLIDS

When you begin introducing solid foods, it is recommended to offer your baby small sips of water during meals. This is not meant to replace breast milk or commercial infant formula, which remain your baby's primary sources of hydration, but rather to gently help them get used to drinking in a way other than sucking.

Why offer water at this stage?

Support digestion: Water helps support intestinal transit and may help prevent constipation, especially as your baby is introduced to new foods and textures.

Make eating easier: A sip of water can help with swallowing as your baby begins exploring purées or soft, meltable pieces.

Develop new skills: Drinking from a cup or an open cup helps encourage hand-to-mouth coordination and supports oral-motor skill development.

Build healthy habits early: Introducing water at the start of solid foods helps your baby recognize thirst and naturally adopt water as their main beverage as they grow.

Tap water is generally appropriate if it is safe to drink and meets local standards; however, low-mineral water is preferred.



THE ALLERGENS

Recent recommendations encourage early exposure to allergens during complementary feeding. From an immunological standpoint, the ideal window appears to be between 4 and 7 months of age. The key takeaway: delaying the introduction of allergens, as was previously recommended, does not reduce the risk of developing a food allergy.

That said, many parents feel anxious about introducing these foods. It is important to know that some children are at a higher risk of developing food allergies—particularly those with a parent or immediate family member who has allergies, or children with moderate to severe eczema.

Before introducing allergens, it is recommended to consult a healthcare professional, such as your physician or an allergist, especially if considering early introduction before 6 months for a higher-risk child.

Keep in mind that it is important to continue offering allergens that have already been introduced and well tolerated. These exposures should be repeated regularly in the weeks that follow to help maintain tolerance and reduce the risk of developing an allergy, especially for peanuts and eggs.



THE PRIORITY ALLERGENS RECOGNIZED BY HEALTH CANADA ARE AS FOLLOWS:

PEANUTS

Peanuts are also considered a choking hazard.

Prefer offering peanut butter diluted with warm, filtered water and then cooled to a safe temperature.



WHEAT AND TRITICALE

You can test this allergen using a variety of foods, as wheat is present in many products.

- Iron-fortified baby wheat cereals
- Soft-cooked wheat semolina (e.g., very soft couscous)
- Plain wheat bread, well-toasted to prevent sticking to the palate



CRUSTACEANS AND MOLLUSCS

Fish are not part of this group. This category includes shrimp, lobster, scallops, and mussels, to name a few.

These foods must be thoroughly cooked before offering them to your baby due to the risk of foodborne illness. Pay close attention to texture—some of these foods can be rubbery. Opt for baby-safe textures, such as purées.





MILK

This category includes all dairy products. You can introduce this allergen in different forms, such as:

- Plain yogurt (preferably full-fat, with no added sugar)
- Grated cheese or small, soft pieces
- Vegetable purées with a little milk
- Homemade recipes with baby-safe textures (pancakes, muffins, sauces, etc.)

Note: Cow's milk should not replace breast milk or commercial infant formula before 9 months of age, and in some cases, 12 months.



EGGS

When introducing this allergen, it is important to ensure that the egg is fully cooked to avoid any risk of salmonella. Here are some suggestions:

- Hard-boiled egg, mashed with a little breast milk, commercial infant formula, or a vegetable purée that your baby already tolerates
- Fully cooked scrambled egg, cut into small, soft pieces
- Homemade pancakes or muffins with a baby-safe texture, containing egg



MUSTARD

Use a tiny amount of mild yellow mustard powder (avoid strong, spicy, or old-style mustards).

You can:

- Mix a tiny trace into a vegetable purée or homemade sauce
 - Add it to a preparation such as puréed or finely chopped chicken, a sauce made with plain yogurt, or lentils
- 



NUTS

Nuts are considered foods that pose a choking risk.

Each nut should be tested individually, for example: pistachios, cashews, almonds, etc.
Opt for nut butter diluted with warm filtered water, then cooled to a safe temperature.

Another option is to grind the nuts into a fine powder and then add a small amount to a serving of baby cereal or to a fruit purée that your child already tolerates well.

We do not recommend nut-based beverages due to the additives they contain.



FISH

Whether white fish or oily fish, each variety should be introduced and tested individually. You can prepare fish by steaming, poaching, or grilling it, without skin or bones. Always double-check carefully for any remaining bones before serving it to your baby. Choose an appropriate texture, either smooth purée or very finely flaked.



Avoid fish that are high in mercury, such as tuna. Do not offer raw or smoked fish.

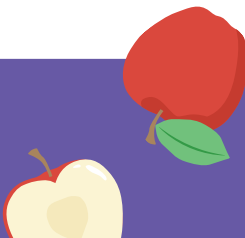
Fish should always be served fully cooked to reduce the risk of bacterial contamination.



SULFITES

Sulfites are food additives, often used as preservatives in certain foods (especially processed ones).

It is generally not necessary to test sulfites the way you would with food allergens.



SESAME

For this allergen, do not offer whole seeds in the early stages due to choking risks, as they can be difficult to manage in the mouth depending on the quantity.

Opt for sesame paste (tahini) diluted with warm filtered water and then cooled, or mixed into a fruit or vegetable purée that has already been well tolerated.

You can also add finely ground sesame seeds to a purée or compote.

Avoid processed foods containing sesame, such as hummus, as they contain added salt and often preservatives.



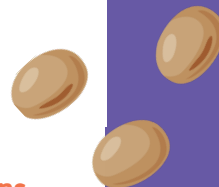
SOY

A soy allergy is more common in babies who are allergic to cow's milk protein.

This bean can be introduced to your baby as a purée made from boiled soybeans or edamame (young soybeans). You can add breast milk, commercial infant formula, or mix it into a fruit or vegetable purée that has already been well tolerated.

Plain, unseasoned tofu, preferably organic—can also be used to test this allergen. However, it should be used in moderation in your baby's diet if no allergy is present, as most available options contain magnesium chloride or calcium sulfate.

We do not recommend soy beverages due to the additives they contain.



3-DAY RULE

During this period, the food can be offered more than once to better observe tolerance. If no symptoms appear after 3 days, another new allergen can be introduced.

In the case of an allergic reaction to a food, it is important not to rush the introduction of the next allergen on the list. We recommend consulting a healthcare professional before continuing. They can assess the risks, particularly those related to cross-contamination and guide you safely on the next steps.

TO AVOID

No guide would be complete without this essential reminder: avoid added sugar and added salt until the age of 2, as recommended by the World Health Organization.

The goal is to establish healthy eating habits from the very first bites, while reducing the risks associated with excessive sugar or salt intake by helping little taste buds adjust to less salty and less sweet foods.

Rest assured, dear parents: it's not a small homemade cookie made with love and containing a touch of maple syrup that will compromise your baby's development. Use good judgment and prioritize simple, balanced choices in everyday meals.

NOTE

It is not recommended to replace sugar with artificial sweeteners.

Pro tip:

Take the time to carefully read ingredient lists to identify whether a product contains added sugar or salt. And most importantly, avoid offering honey before 12 months of age due to the risk of infant botulism.

SEASONING

Can you season the foods served to your baby? It all depends on the seasoning!

YES (IN SMALL QUANTITY)

Fresh herbs (basil, parsley, cilantro, thyme, oregano)

Mild spices (cinnamon, turmeric, mild cumin, sweet paprika, cardamom, ginger)

Garlic (preferably cooked)

Onion (cooked, in small amounts)

Leek, chives, dill

Lemon or orange zest (organic, very finely grated)

Ground seeds (fennel, coriander)



TO AVOID FOR BABIES

Salt (even in small amounts)

Hot or spicy seasonings (hot peppers, cayenne, chili, wasabi)

Store-bought broths with added salt or additives

Spice blends containing added salt

Processed seasonings (sauces, condiments, etc.)

Black or white pepper (in large amounts or coarsely ground)

Smoked or strongly flavoured products



TIPS:

Introduce flavours one at a time, in small amounts, and observe your baby's reaction. The goal is to help develop their palate—not to replicate adult tastes.



There is no need to use large amounts of seasoning when preparing a meal for your baby.

A small amount is enough to stimulate their taste buds and introduce new flavours, especially since babies have two to three times more taste buds than adults!

Be mindful of spice blends as well, as they often contain added salt, an ingredient that should be avoided in a young baby's diet.

MILK BEFORE OR AFTER A MEAL?

At the beginning of introducing complementary foods, it is generally recommended to offer milk first (breast milk or commercial infant formula), then offer solid foods as a complement.

Gradually, between 7 and 9 months, it is recommended to reverse this order: start meals with solid foods, then offer milk afterward, depending on your baby's appetite. This supports a natural transition toward a more varied diet while maintaining a good intake of essential nutrients. The key is to ensure that solid foods do not reduce the amount of breast milk or commercial infant formula your baby drinks.



The important thing is that solid foods do not reduce the amount of breast milk or commercial infant formula your baby drinks.

HOW OFTEN SHOULD YOU OFFER A MEAL?



Introducing complementary foods is a period of adjustment—for both baby and parent. There's no need to completely change your routine overnight. Start by offering 2 to 3 meals per day, depending on your child's rhythm. Begin with small amounts, about one teaspoon.



To avoid overwhelming your baby with too many new foods too quickly, you can offer the same food several times within the same week. In fact, some babies need up to 10 exposures to the same food before they learn to enjoy it.



As the new routine becomes established after a few days or weeks, you can gradually increase the frequency of meals and the variety offered. The goal is to offer 3 meals per day by around 9 months of age, while always respecting your baby's appetite and development.



WEEKLY ALLERGEN INTRODUCTION GUIDE



To support you in introducing solid foods, here is a week-by-week guide (Weeks 1 to 5). It is not necessary to follow it exactly as written. Adapt it to your baby's needs and pace.

Keep in mind that milk remains an essential part of your baby's diet. Offer as much as your baby wants.

You can make substitutions to create your own personalized plan, using the food lists provided in the appendix.



WEEK 1: WHEAT AND MILK

DAY 1

BREAKFAST

Baby wheat cereal

LUNCH

Zucchini puree or grated and gently cooked until soft for self-feeding

DINNER

Meat or bean puree



DAY 2

BREAKFAST

Baby wheat cereal

LUNCH

Apple puree or grated and gently cooked until soft for self feeding

DINNER

Meat or bean puree



DAY 3

BREAKFAST

Baby wheat cereal

LUNCH

Zucchini puree or grated and gently cooked until soft for self-feeding

DINNER

Meat or bean puree



WEEK 1: WHEAT AND MILK

DAY 4

BREAKFAST

Baby wheat cereal mixed with a little plain yogurt.

Optional: You can also add a small amount of homemade or store-bought unsweetened apple puree to reduce the tartness of plain yogurt

LUNCH

Pear, mashed or cut into tender, cooked wedges

DINNER

Meat or bean puree

DAY 5

BREAKFAST

Baby wheat cereal mixed with a little plain yogurt.

Optional: You can also add a small amount of homemade or store-bought unsweetened apple puree to reduce the tartness of plain yogurt

LUNCH

Zucchini puree or grated and gently cooked until soft for self-feeding

DINNER

Meat or bean puree

WEEK 1: WHEAT AND MILK

DAY 6

BREAKFAST

Baby wheat cereal mixed with a little plain yogurt.

Optional: You can also add a small amount of homemade or store-bought unsweetened apple puree to reduce the tartness of plain yogurt

LUNCH

Apple puree or grated and gently cooked until soft for self feeding

DINNER

Meat or bean puree

DAY 7

BREAKFAST

Baby wheat cereal mixed with a little plain yogurt.

Optional: You can also add a small amount of homemade or store-bought unsweetened apple puree to reduce the tartness of plain yogurt

LUNCH

Zucchini purée or grated and gently cooked until soft for self-feeding

DINNER

Meat or bean puree





At the beginning of complementary feeding, your baby's chewing skills are not yet developed enough to properly manage the fibrous texture of meats. It is therefore best to offer meats in purée form.

Zucchini is an ideal vegetable to start with, as its flavour is mild and subtle. It is also very easy to prepare as a puree.

You can steam or roast it, cut into cubes, with a drizzle of avocado oil, then blend it into a puree. One zucchini is usually enough to meet your baby's needs for the first week.



You can also grate it and cook it until tender, allowing your baby to explore the food with their hands and bring it to their mouth independently.

Whether added to a puree or used during cooking, a drizzle of avocado oil is an excellent addition, as it is known for its benefits in supporting cognitive development.





Since milk is still offered before meals at this stage, one teaspoon is usually enough to introduce these new flavours to your baby.

As mentioned in the “How” section of the guide, it is not necessary to vary every meal each day. There’s no need to overwhelm yourself or your baby!

REPETITION IS BENEFICIAL:

It helps your baby become familiar with new flavours, and it can take several exposures before they accept or enjoy them.

You can add a small amount of breast milk or commercial infant formula to your baby’s food to ease the transition to solids and soften the flavour. This not only helps create a smoother, more familiar texture, but also reassures your baby with a taste they already recognize. This tip is especially helpful during the first introductions, particularly with more strongly flavoured foods such as beans or certain vegetables.





For bean purees, choose dried beans that you soak and cook yourself rather than canned options. We recommend offering beans in puree form due to their size and texture, which can pose a choking risk.

Here is a simple bean puree recipe:

- ½ cup cooked bean
 - ½ cup water (or a little more, depending on the desired consistency)
 - 1 tsp extra-virgin olive oil or avocado oil – optional but recommended for healthy fats
- 

Finally, you can involve your baby at mealtime to help encourage independence. Offer a baby-friendly utensil, let them dip it into the food themselves, and allow them to explore at their own pace.



At the beginning, your baby is only able to munch. Foods should therefore be soft enough to be pressed against the roof of the mouth with the tongue.

Pro tip: Test the texture by pressing the food between your thumb and your ring finger, it should mash easily, without effort.

KEY TAKEAWAYS FOR THIS FIRST WEEK OF INTRODUCTION

- Your baby is discovering their first flavours
 - Adding breast milk or commercial infant formula can help your baby get used to new tastes
 - Keep it simple, so mealtime is fun and easy for both baby and parents
 - Zucchini = a mild vegetable, perfect to start with
 - Use dried beans, not canned
 - A tiny spoonful is enough; the focus is on exploration
- 

WEEK 2 : EGGS AND PEANUTS

DAY 1

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Roasted squash puree, or soft strips for baby to explore and enjoy

DINNER

Meat or bean puree

DAY 2

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Pear, mashed or cut into tender, cooked wedges

DINNER

Meat or bean puree

DAY 3

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Roasted squash puree, or soft strips for baby to explore and enjoy

DINNER

Meat or bean puree

WEEK 2 : EGGS AND PEANUTS

DAY 4

BREAKFAST

Baby wheat cereal mixed with a touch of natural peanut butter

LUNCH

Pear, mashed or cut into tender, cooked wedges

DINNER

Meat or bean puree

DAY 5

BREAKFAST

Baby wheat cereal mixed with a touch of natural peanut butter

LUNCH

Roasted squash puree, or soft strips for baby to explore and enjoy

DINNER

Meat or bean puree

DAY 6

BREAKFAST

Baby wheat cereal mixed with a touch of natural peanut butter

LUNCH

Pear, mashed or cut into tender, cooked wedges

DINNER

Meat or bean puree

WEEK 2 : EGGS AND PEANUTS

DAY 7

BREAKFAST

Baby wheat cereal mixed with a touch of natural peanut butter

LUNCH

Roasted squash puree, or soft strips for baby to explore and enjoy

DINNER

Meat or bean puree

For a perfect scrambled egg: Melt a small knob of unsalted butter in the pan, then add your egg. Reduce to low heat. Pierce the yolk, add 1 tablespoon of milk, and stir. Let the milk evaporate completely.

Breakfasts are suggested to continue exposure to tolerated allergens. If a reaction was noted during week 1, substitute the butter with a drizzle of avocado oil and the milk with water. The texture will be similar.

If a reaction to wheat occurred, substitute with another grain such as barley or gluten-free oats.

Oven-roasted squash with a drizzle of oil is delicious! Make sure the texture is soft enough if you choose strips. For puree, use filtered water to blend the squash flesh in a food processor.



WEEK 3 – NUTS AND FISH

DAY 1

BREAKFAST

Baby cereal mixed with a touch of natural almond butter

LUNCH

Ripe avocado, mashed or in wedges for baby to feed themselves

DINNER

Meat or bean puree

DAY 2

BREAKFAST

Baby cereal mixed with a touch of natural almond butter

LUNCH

Ripe avocado, mashed or in wedges for baby to self-feed

DINNER

Meat or bean puree

DAY 3

BREAKFAST

Baby cereal mixed with a touch of natural almond butter

LUNCH

Ripe avocado, mashed or in wedges for baby to feed themselves

DINNER

Meat or bean puree

WEEK 3 – NUTS AND FISH

DAY 4

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Fish puree or very finely flaked

DINNER

Meat or bean puree

DAY 5

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Fish puree or very finely flaked

DINNER

Meat or bean puree

DAY 6

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Fish puree or very finely flaked

DINNER

Meat or bean puree

WEEK 3 – NUTS AND FISH

DAY 7

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Fish puree or very finely flaked

DINNER

Meat or bean puree

When introducing nuts and fish, the goal is to test each variety individually to carefully observe any possible reactions. Given the number of varieties, this process usually takes place over several weeks. Start with one variety, then gradually introduce the other priority allergens. Once these are well tolerated, you can return to the gradual exploration of different nuts and fish.

The aim is to expose your baby to all major allergens during the critical period while maintaining a safe pace.

For nuts, choose one in the form of nut butter or finely ground powder, for example almond or cashew, and add it to your baby's breakfast: either directly with already tolerated cereals or in a recipe with an appropriate texture.

To vary meals, it's also possible to serve scrambled eggs at breakfast and incorporate nuts at lunch, mixed into a fruit or vegetable puree.

For fish, focus on fatty fish rich in DHA (docosahexaenoic acid), an omega-3 essential for brain and eye development, such as salmon. Prefer wild-caught fish over farmed.

WEEK 4: SESAME AND SOY

JOUR 1

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Soybean or edamame puree

DINNER

Ripe avocado, mashed or in wedges for baby to feed themselves

JOUR 2

BREAKFAST

Baby cereal mixed with a touch of natural peanut butter

LUNCH

Soybean or edamame puree

DINNER

Pureed or soft vegetable pieces of your choice

JOUR 3

BREAKFAST

Yogurt and fruit puree

LUNCH

Soybean or edamame puree

DINNER

Ripe avocado, mashed or in wedges for baby to feed themselves

WEEK 4: SESAME AND SOY

JOUR 4

BREAKFAST

Scrambled eggs with a drizzle of milk, cooked in unsalted butter

LUNCH

Vegetable puree of your choice with a little tahini

DINNER

Pureed meat and vegetables, or pureed beans and vegetables

JOUR 5

BREAKFAST

Yogurt and fruit puree

LUNCH

Vegetable puree of your choice with a little tahini

DINNER

Pureed meat and vegetables, or pureed beans and vegetables

JOUR 6

BREAKFAST

Baby cereal mixed with a touch of natural almond butter

LUNCH

Vegetable puree of your choice with a little tahini

DINNER

Pureed meat and vegetables, or pureed beans and vegetables

WEEK 4 : SESAME AND SOY

JOUR 7

BREAKFAST

Baby cereal mixed with a touch of natural peanut butter

LUNCH

Vegetable puree of your choice with a little tahini

DINNER

Pureed meat and vegetables, or pureed beans and vegetables

This week, breakfasts can be more varied thanks to your baby's tolerance of certain priority allergens. You can now experiment with different combinations of eggs, dairy, and whole grains to introduce new tastes and textures.

It's also a good time to gradually increase portion sizes at meals, following your baby's appetite and cues of fullness.

You can start combining vegetables, meats, and beans, either as purees or soft, melt-in-the-mouth textures. There's no need to wait until week four, as long as the foods aren't generally associated with a high allergy risk. However, it's still important for your baby to get used to individual foods!

The key is to keep things simple at the start, both for your baby and for you as a parent, so you can observe reactions carefully and avoid overstimulation in the first weeks. Every baby is unique, you'll quickly see if you have a curious little foodie, eager to try everything, or a more selective eater who prefers to explore flavours slowly, at their own pace. The important thing is to respect your baby's rhythm, both for digestion and for developing skills to chew and handle foods.

You can also introduce a light snack between meals, like soft, ripe fruit pieces that are mashed or melt in the mouth.

WEEK 5 : CRUSTACEANS & MOLLUSCS AND MUSTARD

DAY 1

BREAKFAST

Soft-textured fruits served with an omelette with finely chopped spinach

LUNCH

Meat or beans served in a baby-friendly texture (pureed or soft), with a hint of ground mustard seeds.

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

DAY 2

BREAKFAST

Baby cereal mixed with a touch of natural peanut butter

LUNCH

Meat or beans served in a baby-friendly texture (pureed or soft), with a hint of ground mustard seeds.

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

DAY 3

BREAKFAST

Yogurt and fruit puree

LUNCH

Meat or beans served in a baby-friendly texture (pureed or soft), with a hint of ground mustard seeds.

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

WEEK 5 : CRUSTACEANS & MOLLUSCS AND MUSTARD

DAY 4

BREAKFAST

Ripe avocado, mashed or in wedges for baby to self-feed, with toasted whole-grain bread for baby to nibble

LUNCH

Pureed crustaceans or molluscs

SOUPER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

DAY 5

BREAKFAST

Soft-textured fruits served with an omelette with finely chopped spinach.

LUNCH

Pureed crustaceans or molluscs

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

DAY 6

BREAKFAST

Baby cereal mixed with a touch of natural almond butter

LUNCH

Pureed crustaceans or molluscs

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

WEEK 5 : CRUSTACEANS & MOLLUSCS AND MUSTARD

DAY 7

BREAKFAST

Soft-textured fruits served with an omelette with finely chopped spinach

LUNCH

Pureed crustaceans or molluscs

DINNER

Vegetables served with an animal or plant-based protein, always in a baby-friendly texture (pureed or soft)

Eggs are excellent for health because they are highly nutritious. They are an excellent source of protein, rich in choline, a nutrient essential for brain development—and a natural source of iron and zinc.

They are therefore a great ally for breakfasts! Have fun making small omelettes and adding tender sautéed vegetables to vary flavours and textures.

We do not recommend testing mustard using store-bought preparations, as they contain other ingredients, including added salt.

We recommend introducing shellfish in pureed form due to their naturally rubbery texture when cooked. Since your baby is still at the beginning of oral-motor development, this makes it easier to handle and reduces the risk of choking. Shrimp, which are more readily available throughout the year, are a good starting point. Lobster and crab are also interesting shellfish to introduce, depending on the season and availability.



WHAT'S NEXT...

This concludes the introduction of allergens for the first five weeks.

The goal is not to follow this protocol to the letter, but rather to adapt it to your baby's pace. Some days, your baby may be less receptive or less cooperative, and that's completely normal. There's no need to force anything.

Breast milk or commercial infant formula remains an essential source of nutrition at this stage, and solid foods are gradually added according to your baby's curiosity and abilities. Over time, you will establish a routine that works for both your baby and your daily life.

The important thing is to continue exposing your baby to new foods and safe textures, week by week. This is also a good time to continue exploring different varieties of nuts and fish, while maintaining regular exposure to allergens that have already been introduced to help preserve tolerance and reduce the risk of allergies.

To support local sourcing, you can adapt the menu based on the seasonal fruits and vegetables available when you begin introducing complementary foods to your baby.





SHOULD YOU CHOOSE ORGANIC?



In an ideal world, every family would have their own garden and grow fruits and vegetables all year long...! That said, this reality isn't possible for many, if only because of the climate.



Buying organic is often a matter of budget, as these foods can be more expensive.

Our recommendation is to prioritize organic foods whenever possible, using this popular list: the “Dirty Dozen.” This list is updated annually and highlights the 12 foods with the highest pesticide residues. It is published each year by the Environmental Working Group (EWG), a U.S.-based nonprofit organization.



Did you know that in Canada, an organic food is, by regulation, a non-GMO (genetically modified organism) food? To obtain organic certification, the food and all of its ingredients must be non-genetically modified.



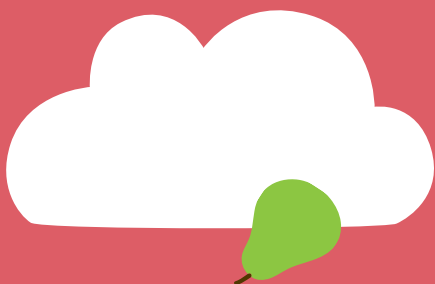


To avoid unnecessarily exposing your baby to pesticides when starting complementary foods, peel fruits and vegetables whenever possible. Skins can contain significant pesticide residues, as well as some bacteria and microbes. However, peels generally contain more fiber, and as your baby grows, they can be kept and eaten in certain cases—just be sure to wash them thoroughly.



Why is dietary fiber important for babies?

Dietary fiber helps your baby have regular bowel movements and prevents constipation, while also feeding the good bacteria in the gut. A diverse and balanced microbiome supports digestion, aids nutrient absorption, and helps strengthen the immune system!



HOW TO PROPERLY CLEAN FRUITS AND VEGETABLES

1 RINSE UNDER RUNNING WATER.

- This is enough to remove most microorganisms and dirt
- Gently rub with your hands or use a vegetable brush for produce with thick skins

2 SOAKING IN A NATURAL SOLUTION

- White vinegar: Mix 1 part vinegar with 2 parts water. Soak the fruits/vegetables for 5 to 30 minutes, then rinse thoroughly
- Baking soda: Add 1 tablespoon to 1 litre of water. Soak for a few minutes, then rinse
- Lemon juice + coarse salt: For thick-skinned produce, mix 500 ml of water, 50 ml of lemon juice, and 1.5 tablespoons of salt. Soak for 30 minutes, scrub, and rinse

3 SPIN AND DRY

- Use a salad spinner or paper towels to remove excess water, especially for leafy vegetables

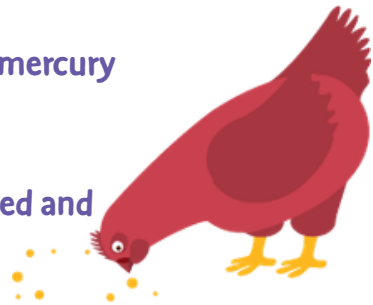
TO AVOID

Avoid using soap or dishwashing liquid, as they may leave chemical residues.
Do not mix vinegar and baking soda together, as it neutralizes their cleaning power.

HERE IS A MORE SPECIFIC LIST OF FOODS TO HELP YOU VARY YOUR BABY'S MENU.

IRON-RICH FOODS

- Tofu (Choose a no-salt-added option)
- Iron-fortified baby cereals: Oats, rice, barley, wheat
- Meat: Beef, pork, lamb, veal, etc.
- Poultry: Chicken, turkey, duck, quail, etc.
- Fish: Salmon, cod, trout, etc. (Avoid fish with high mercury levels)
- Beans: lentils, chickpeas, soy, etc. (Serve well-cooked and pureed or mashed)



VEGETABLES

- Green vegetables: Broccoli, spinach, green beans, zucchini, peas, kale, cabbage, asparagus, green bell pepper
- Red vegetables: Red bell pepper, tomatoes, beetroot, red cabbage
- Orange vegetables: Carrot, squash, sweet potato, orange bell pepper, pumpkin
- Yellow vegetables: Yellow zucchini, yellow beans, yellow bell pepper, corn
- Purple/blue vegetables: Eggplant, purple carrot, blue potato
- White/beige vegetables: Cauliflower, white potato, turnip, rutabaga, onion, mushrooms, celery root, garlic, leek



FRUITS



- Red / Pink: Strawberries, raspberries, cherries, watermelon, plums.
- Green: Avocado, kiwi
- White / Beige: Banana, pear, apple
- Red / Pink: Strawberries, raspberries, cherries, watermelon, plums
- Orange / Yellow: Mango, apricots, nectarines, peach, orange, cantaloupe, honeydew



GRAINS AND GRAIN-BASED FOODS FOR BABY

- Prefer whole grains: Oat flakes (oatmeal), whole wheat bread, brown rice, quinoa, barley, millet, bulgur, whole wheat pasta, whole wheat flour, whole corn polenta, whole wheat couscous
- Refined grain products are less nutritious and should be limited: white bread, white rice, white pasta, white flour, refined crackers



DAIRY PRODUCTS

- Choose plain options, without added salt or sugar: Milk, yogurt and fermented products, cheese, butter, cream



OIL

- Prefer cold-pressed, unrefined, extra-virgin oils whenever possible to maximize nutrient content: Olive, avocado, flax, canola
- You can add oils to purees or cooked grains to enhance flavour and nutrient absorption



FINAL THOUGHTS

A VARIED AND HEALTHY DIET FROM THE VERY FIRST BITES ALLOWS YOUR BABY TO:

- Meet their essential nutrient needs
- Develop taste preferences and curiosity for new foods
- Explore different textures that stimulate their skills
- Reduce the risk of certain allergies through gradual introduction
- Establish a foundation for healthy eating habits

Every baby is unique. Be patient, flexible, and enjoy this new stage of discovering foods together!

ABOUT US

We are Laurie and Stéphanie, two moms passionate about offering healthy and tasty foods to babies.

In writing this guide, our goal was simply to provide you, dear parents, with simple and reassuring guidance to gently support you through this wonderful stage: your baby's first bites.

As young moms ourselves, we know how valuable it is to offer healthy foods from the very start. That's also why we launched Belov and acquired La Mère Poule, a local company that has shared our values and passion for over 30 years!

Thank you for taking the time to read this guide. We hope it has inspired and reassured you, and above all, that it will accompany you throughout this wonderful journey of feeding your baby.

See you soon,

— Laurie et Stéphanie



SOURCES

SANTÉ CANADA, SOCIÉTÉ CANADIENNE DE PÉDIATRIE, DIÉTÉTISTES DU CANADA & COMITÉ CANADIEN POUR L'ALLAITEMENT. (S. D.). LA NUTRITION DU NOURRISSON NÉ À TERME ET EN SANTÉ : RECOMMANDATIONS POUR L'ENFANT ÂGÉ DE 6 À 24 MOIS (ÉNONCÉ CONJOINT). CANADA.CA. [HTTPS://WWW.CANADA.CA/FR/SANTE-CANADA/SERVICES/GUIDE-ALIMENTAIRE-CANADIEN/RESSOURCES/NUTRITION-NOURRISSON-TERME-SANTE/NUTRITION-NOURRISSON-TERME-SANTE-RECOMMANDATIONS-NAISSANCE-SIX-MOIS/6-24-MOIS.HTML](https://www.canada.ca/fr/sante-canada/services/guide-alimentaire-canadien/ressources/nutrition-nourrisson-terme-sante/nutrition-nourrisson-terme-sante-recommandations-naissance-six-mois/6-24-mois.html).

UNICEF. (S. D.). QUAND INTRODUIRE LES ALIMENTS SOLIDES | UNICEF PARENTALITÉ. [HTTPS://WWW.UNICEF.ORG/PARENTING/FR/ALIMENTATION-ET-NUTRITION/INTRODUIRE-LES-ALIMENTS-SOLIDES](https://www.unicef.org/parenting/fr/alimentation-et-nutrition/introduire-les-aliments-solides).

RÉSEAU DE SANTÉ VITALITÉ – DIÉTÉTISTES DE LA SANTÉ PUBLIQUE. (S. D.). GUIDE ET RECETTES POUR L'INTRODUCTION DES SOLIDES (PDF). [HTTPS://VITALITENB.CA/FR/CONTENT-PAGE/DOWNLOAD/369/310/86](https://vitalitenb.ca/fr/content-page/download/369/310/86).

SICKKIDS / ABOUTKIDSHEALTH. (S. D.). INTRODUCING SOLIDS / INTRODUIRE DES ALIMENTS SOLIDES. [HTTPS://WWW.ABOUTKIDSHEALTH.CA/FR/INTRODUIRE-DES-ALIMENTS-SOLIDES?LANGUAGE=EN](https://www.aboutkidshealth.ca/fr/introduire-des-aliments-solides?language=en).

NUTRITION QUÉBEC. (S. D.). GUIDE – INTRODUCTION DES ALIMENTS SOLIDES CHEZ BÉBÉ (PDF). [HTTPS://NUTRITION-QUEBEC.COM/WP-CONTENT/UPLOADS/2010/07/GUIDEINTROALIMENTSSOLIDESBEBE1.PDF](https://nutrition-quebec.com/wp-content/uploads/2010/07/GUIDEINTROALIMENTSSOLIDESBEBE1.PDF).

ORGANISATION MONDIALE DE LA SANTÉ (OMS). (S. D.). ALIMENTATION DU NOURRISSON ET DU JEUNE ENFANT — RECOMMANDATIONS SUR L'ALLAITEMENT, L'INTRODUCTION DES SOLIDES, LA SÉCURITÉ ALIMENTAIRE ET L'ALIMENTATION RÉACTIVE. [HTTPS://WWW.WHO.INT/HEALTH-TOPICS/INFANT-FEEDING](https://www.who.int/health-topics/infant-feeding)

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC). (S. D.). INFANT & TODDLER NUTRITION — DIRECTIVES SUR LES SOLIDES, L'INTRODUCTION DES ALLERGÈNES, LES TEXTURES ET LA SÉCURITÉ. [HTTPS://WWW.CDC.GOV/NUTRITION/INFANTANDTODDLERNUTRITION/INDEX.HTML](https://www.cdc.gov/nutrition/infantandtoddlernutrition/index.html).

EUROPEAN ACADEMY OF ALLERGY AND CLINICAL IMMUNOLOGY (EAACI). (2020). GUIDELINES FOR PREVENTING FOOD ALLERGY IN INFANTS — RECOMMANDATIONS SUR L'INTRODUCTION PRÉCOCE DES ALLERGÈNES. [HTTPS://EAACI.ORG](https://eaaci.org)

SOCIÉTÉ CANADIENNE DE PÉDIATRIE (SCP). (S. D.). SOINS AUX NOURRISSONS ET ALIMENTATION — PRATIQUES FONDÉES SUR LES DONNÉES PROBANTES. [HTTPS://CPS.CA](https://cps.ca)

HEALTHY CHILDREN (AMERICAN ACADEMY OF PEDIATRICS). (S. D.). STARTING SOLID FOODS — INFORMATIONS COMPLÉMENTAIRES SUR LA PRÉPARATION AUX SOLIDES ET LA PROGRESSION DES TEXTURES. [HTTPS://WWW.HEALTHYCHILDREN.ORG](https://www.healthychildren.org)

CANADIAN PAEDIATRIC SOCIETY (CPS). (2021). WEANING FROM THE BREAST AND INTRODUCTION OF COMPLEMENTARY FOODS*— RECOMMANDATIONS CLINIQUES À JOUR. [HTTPS://CPS.CA](https://cps.ca)

HEALTH CANADA. (2014). EATING WELL WITH CANADA'S FOOD GUIDE – FIRST NATIONS, INUIT AND MÉTIS — ENCADREMENT CULTUREL POUR L'INTRODUCTION DES ALIMENTS. [HTTPS://WWW.CANADA.CA](https://www.canada.ca)

NATIONAL HEALTH SERVICE (NHS, UK). (S. D.). YOUR BABY'S FIRST SOLID FOODS — LIGNES DIRECTRICES PRATIQUES SUR LES TEXTURES, LA SÉCURITÉ ET LES SIGNAUX DE PRÉPARATION. [HTTPS://WWW.NHS.UK**](https://www.nhs.uk)



Belov®

