

## Recipes for Your Baby (6 to 9 Months Old)

This resource provides information on preparing foods for your 6 to 9 month old baby and includes some simple recipe ideas.



### Steps you can take

At first, try plain versions of foods that your family regularly eats. These foods are new and interesting to your child, so you do not need to add any sugar, salt or spices.

- 1 Start offering solids once or twice a day. By the time your baby is 9 months old, offer 2-3 meals and 1 to 2 snacks a day. Give your baby foods with a variety of textures, including ground, mashed, soft foods, and finger foods, such as soft ripe fruit.
- 1 Whenever possible, eat with your child; she learns to eat by watching you. Never leave a child who is eating unattended.

### Preparing Baby Foods

#### Vegetables

Wash and peel the skin from vegetables; remove seeds or pits. Cut into small pieces and steam over boiling water. Or, wash the vegetables, then pierce the skin with a fork in several places and bake until soft. Remove the skin. Place cooked vegetables in a bowl, add a little water and mash with a fork or potato masher.

#### Fruit

Select ripe fruit. Wash and peel, then remove pits and seeds. Cut into pieces. Soft fruits like banana, avocado and peach can be mashed with a fork or potato masher. Cook firm fruit like apples first. Wash and peel, then remove pits and seeds. Slice or cut into small pieces, and boil in a small amount of water until soft. Mash with a fork or

vegetable masher.

## Meat and Alternatives

Meats should be ground, and can be boiled or poached. Fish can be poached or baked; when cooked, remove the skin and bones before mashing the fish with a fork. Meats and fish are often easier for babies to eat if mixed with other foods like rice or potatoes. Well-cooked beans (like kidney beans) and lentils or hard boiled eggs can be mashed with a fork or potato masher. Add a little water to moisten.

## Recipes You Can Try

Congee (Savory Rice Porridge)		
½ cup 5 cups ¼ lb	rice (uncooked) water ground meat (beef, pork, lamb) or deboned fish or chicken	125 mL 1.25 L 120 g

Rinse rice and place in pot; add water. Cover, and bring to boil. Reduce heat and simmer on low heat for 30 minutes, stirring occasionally. Add meat and stir to break up into small pieces. Bring to boil. Reduce heat and simmer for another 30 minutes. More or less water can be used to make a thinner or thicker porridge.

Meat with Potatoes and Tomatoes		
½ lb 1 cup 1	ground meat (beef or lamb) diced tomatoes cooked sweet potato (boiled or baked)	225 g 250 mL 1

Brown meat in pan for 5 minutes or until cooked. Add tomatoes and cook for another 10 minutes, stirring occasionally. Remove potato skin and discard. Mash potato, and add to pan. Stir together and cook for another 10 minutes.

Baked Fish		
8 - 10 oz	fish fillet	225-300 g

Preheat oven to 190°C (375°F). Place fish on tinfoil; wrap and seal. Bake fish in the oven for 20 minutes or until thoroughly cooked. Fish will flake easily at this point. Open foil and cool. Pour fish juices over rice. Remove skin and flake fish with fingers to remove bones. Serve with rice.

### Keeping Food For Later

- Once you've prepared any recipe, you can store it in the fridge for 1 to 2 days.
- If there is more food than your baby can eat in 1 to 2 days, you can freeze any food in small portions. Freeze the food in an ice cube tray. Store food cubes in a freezer bag or container. Label the bag or container with the name of the food and the date and use within 3 months.



### Additional Resources

HealthLinkBC Files Available at [www.healthlinkbc.ca/healthfiles](http://www.healthlinkbc.ca/healthfiles)

- Baby's First Foods
- Helping Your Toddler to Eat Well: Sharing the Responsibility with Your One to Three-Year-Old
- Meal and Snack Ideas for Your One to Three-Year-Old Toddler

Dietitian Services Fact Sheets available by mail (call 8-1-1) or at [www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating)

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- | Finger Foods for Babies 6-12 months
- | Recipes for Your Baby (9-12 Months Old)
- | What To Feed Your Baby - A Sample Meal Plan For Baby in the First Year

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## Notes

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