

Handout

The following handout will provide you with tips on food introduction



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Dr. Ishani Patel believes that we can be our best selves when we start taking care of our health. She dedicates her practice to looking at all the different factors that influence our health, assisting her patients in determining the root cause of their health concerns, helping them feel empowered over their health, and creating personalized treatment plans that help her patients reach their full potential. She has a clinical interest in women's health, fertility, pediatrics, hormonal imbalances, endometriosis, gastrointestinal health, fibromyalgia, and autoimmunity.

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Food Introduction

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Food introduction can be an enjoyable time, but it can also come with a lot of stress. During this time, it is important to remember to do what feels right to you. You are doing your best as a parent, and don't forget that!

Navigating through this milestone can be overwhelming, so I have provided some tips on helping to ensure your child is getting adequate nutrition and developing a healthy relationship with the food they are eating.

As you are incorporating foods into your child's diet, observe for any physical and behavioral reactions that may occur with food introduction; such as skin rashes, runny nose, and changes in bowel movements.

Are they ready? Look for the signs

- Able to sit up without any help
- Teeth are coming in
- Grasping or looking at food while you are eating
- Picking up and putting food in their mouth
- Lost the tongue reflex - the baby no longer automatically pushes solid foods out with their tongue

Foods to not give

- Do not give food products that contain sugar, caffeine, artificial sweeteners, artificial flavors, additives, corn syrup, fat, honey, juice, and preservatives.

Foods to give

- Have the baby eat a diverse amount of healthy vegetables and fruits (ripe ones will be easier for the baby to digest) with different colours and textures; this will help support their gut microbiome and help optimize their nutrition.
- A good starting place is introducing plant foods to the baby.

How to start

- Around 6 months of age, observe your child for signs and see if they are ready for solid foods.
- Quantity
 - Start off with 1-2 teaspoons of a food/day. When introducing foods, try introducing 1 new food/day to start.

Signs of sensitivities

- As solid foods are being introduced, be mindful of food sensitivities; observe if the baby experiences any of the following symptoms;
 - Gas
 - Skin rashes
 - Runny nose
 - Dark circles under the eyes
 - Irritability

Tips

- For harder fruits and vegetables, try steaming the vegetables.
- If you are buying baby food, make sure the food products do not have added sugar, salt, unhealthy fats, and processed ingredients.
- It is common for babies to spit or reject food while they are learning to swallow and eat solid foods. If your baby cries when you are attempting to feed them solid foods, don't force the food. Go at your baby's pace, and try again at another time.

Do you want to learn more? Join my Food Introduction Workshop.



Food Introduction Workshop

<https://linktr.ee/drpatel.nd>

Covered under insurance

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