



Energy Boosting For Infants 6-12 Months

- Energy Boosting is used to help your baby gain weight.
- Energy Boosting increases the number of calories in the foods your baby eats or drinks.

You should:

- Offer your baby the foods highest in calories before those lower in calories.
- Start by offering a teaspoon or two. Be sure to take your time.
- If your baby is still hungry after they have eaten the higher calorie foods, you may give foods from the lower calorie list.

Foods higher in Calories and Protein	Foods lower in Calories and Protein
Breast milk or Formula Iron-Fortified Infant Cereals (e.g. rice/barley) Strained Meats or Cooked Egg yolk** Custard** or Yogurt** Baby foods labeled Meat with Vegetables Baby foods labeled Vegetables with Meat	Strained Desserts Pureed or Mashed Fruits Pureed or Mashed Vegetables

**These foods should only be introduced after 9-12 months of age

Tips to add extra calories to your baby's foods:

- Mix iron-fortified infant cereal with expressed breast milk or formula. Do not use water.
- Add ½ teaspoon (2.5mL) of margarine or oil to every ¼ cup (60mL or 2oz.) of meat and vegetable baby food.
- Add ½ teaspoon (2.5mL) of 18% fat table cream to each ¼ cup (60mL or 2oz.) of pureed or mashed baby fruit.

Other Tips:

- Do not offer juice between meals as it can fill up your baby's tummy which may make him/her less hungry at meal time. Do not offer more than ½ cup (4oz.) of juice per day. Allow sips of water to be given between meals if your baby is thirsty.
- Create a positive feeding environment.
 - Limit distractions such as toys or TV.
 - Have your baby sit in their high chair at the table with the rest of the family.
 - Talk to your baby during the meal.
 - Encourage your baby to self-feed.
- Be sure not to pressure your baby to eat. This will only cause you and your baby to become frustrated.
- It is your job to offer the foods and your baby's job to decide what and how much to eat.

- Offer new foods with familiar foods. Babies often need to be introduced to a new food several times before they will like it.
- Do not offer soy or rice beverages or lower fat milk (e.g. skim, 1%, 2%). They do not have enough fat to help babies grow.
- Try mashed, ripe avocado as a snack between meals.

Sample Meal Plan

	7-9 months	9-12 months
Breakfast	5-6oz breast milk or formula 2-4tbsp infant cereal	6-8oz breast milk or formula or whole cow's milk 6-8tbsp infant cereal 2tbsp junior fruit (e.g. peach slices)
Lunch	5-6oz breast milk or formula 1-2tbsp strained vegetables 1-3tbsp strained meat	1-2tbsp junior meat (or egg) 3-5tbsp junior fruit 3-5tbsp junior vegetables
Afternoon Snack	5-6oz breast milk or formula 1-2tbsp mashed banana	6-8oz breast milk or formula or whole cow's milk 2-3 crackers and cheese (or yogurt)
Dinner	2-4tbsp infant cereal 1-2 tbsp applesauce 1-2tbsp strained vegetables	2-3tbsp junior meat (e.g. ground beef) 3-5tbsp junior fruit 3-5tbsp junior vegetables (e.g. cooked green beans)
Evening Snack	5-6oz breast milk or formula	6-8oz breast milk or formula or whole cow's milk 1-2 baby cookies

Note: This is a guideline of how your baby may eat. All babies are different. For example, some infants will prefer up to 5 separate feedings for breast milk or iron-fortified formula. It is normal for your baby to eat more one day and less the next. Babies eat best when they eat according to their own hunger schedule. Observe your babies hunger signals and ensure you are feeding your baby when they are calm and wide awake.

Comments:

Dietitian: _____ **Phone Number:** _____

Adapted from: Toronto Public Health-Feeding Your Baby (Birth-12months), 2008; Sick Kids Health-Energy Boosting during Baby's First Year, 2007