

KixCare TIPS

How Do I Integrate Solids To My Child's Diet?



It is recommended to offer iron-rich foods at least twice a day while breastfeeding or formula-feeding your baby.

- 1 Some examples of iron-rich food are: Meat, poultry, cooked whole eggs, fish, tofu, vegetables, fruits, well-cooked legumes like beans, peas, and lentils.
- 2 Ensure you are introducing your baby to a variety of different tastes and textures and don't forget to introduce high-allergen foods frequently and consistently such as peanuts, eggs, fish, dairy, and many others.

Cut here for a colouring sheet for your little one

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