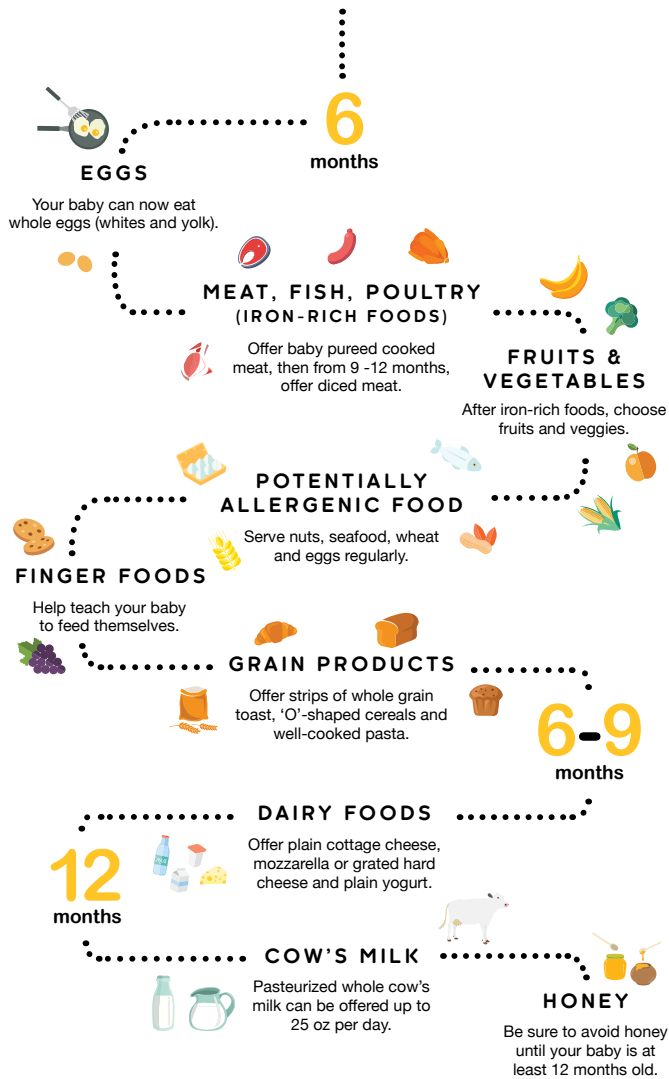






# First Foods for Babies



## Signs your baby is ready for solid food

-  They can hold their head up
-  They can sit up and lean forward
-  They pick up food and try to eat it
-  They can signal they're full (turns head away)



[eggs.ca/baby](https://eggs.ca/baby)

Information provided by SavvyMom™

It's okay to feed your baby yellow and the natural goodness of eggs starting at 6 months to help prevent an egg allergy.

Every bit of yellow helps. Even if only a little makes it in.



**Every bit of yellow helps. Even if only a little makes it in.**

Health Canada, the Canadian Pediatric Society, Dietitians of Canada and the Breastfeeding Committee for Canada now recommend introducing whole eggs (yolks and whites) starting at 6 months.

They no longer recommend delaying the introduction of egg whites to 12 months to avoid egg allergies. Rather, research is actually showing that introducing whole eggs early may help lower the chance of developing an egg allergy.

**Even more great reasons to feed your baby eggs.**

When you feed your baby yellow and the natural goodness of eggs, they'll enjoy the benefit of:

- 6g of the highest-quality protein
- 14 essential nutrients including iron & vitamin A
- Choline – an important factor in brain development
- Plus, every Canadian egg is free of added steroids and hormones

**Need inspiration?**

For baby's first eggs, try this delicious and vitamin-rich sweet potato scramble recipe.

### **Simple Sweet Potato Scramble**

You'll Need:

- 1 sweet potato, peeled and cubed
- 1 large egg

Prep and Cook:

1. Steam or boil sweet potato cubes until very tender. Drain, then mash or puree.
2. Whisk egg, then whisk in sweet potato puree. Cook egg and sweet potato mixture over medium heat, stirring often, until cooked through and thickened.
3. Remove from heat, let cool and serve baby!

**Good to know:** Short on time? Use a jar or squeeze pouch of sweet potato puree instead.

To learn all about eggs and your baby, visit

[eggs.ca/baby](https://eggs.ca/baby)



For more baby-friendly recipes, visit

[eggs.ca/baby](https://eggs.ca/baby)