



# EGGS

a perfect  
first food  
for babies

Natural and nourishing, eggs are an ideal choice as one of baby's first solid foods. Eggs are easy for baby to eat, a cinch to keep on hand and super simple to prepare.

Eggs are an excellent source of the highest quality protein and contain 14 important nutrients, including:



**protein**  
to build & repair muscle



**B vitamins**  
for nerve & blood cell health



**vitamin A**  
for vision & bone growth



**folate**  
for blood cell & spinal cord development



**vitamin D & phosphorus**  
for strong bones



**zinc**  
for reproductive organs & brain function



**iron**  
for red blood cell health



**choline & lutein**  
for brain development



**selenium**  
for DNA production & thyroid function



**vitamin E**  
for a boost to the immune system

## Ironclad rule

By about 6 months of age, iron stores are low. That's why **Health Canada recommends** that baby's **first solid foods contain iron**. By 6 months, it's important to start feeding your baby iron-rich foods a few times a day (at each meal), such as:



eggs



beef



poultry



fish



tofu



legumes



baby cereal

## Introduce eggs early

Studies have shown that **feeding your baby whole eggs early** can help **prevent an egg allergy**.

In fact, the newest infant feeding guidelines from **Health Canada**, the **Canadian Pediatric Society**, **Dietitians of Canada** and the **Breastfeeding Committee for Canada** now recommend whole eggs starting at six months of age, or as soon as your child starts eating solid foods.



### Tip

After introducing whole eggs, it's best to feed them to your baby regularly.

## A solid start to good health

Signs baby is ready to eat solid foods:



Baby can sit up.



Has good head control.



Shows interest & opens mouth when offered food.

It's easy to introduce cooked eggs to your baby. Just follow these simple steps:

1

**Hard-cook** a whole egg and **mash** it. Always be sure to cook eggs well for baby.

2

**Mix** about 1½ tsp (7 mL) of egg with a little breast milk, infant formula or water.

3

**Keep it simple.** You don't need to add any salt, sugar, butter or margarine.

Start with a small amount. Offer baby about 1 to 3 teaspoons (5-15 mL) at first. You can offer more if baby still shows signs of hunger. Trust your baby to know when to stop eating.



### Tip

Babies love the mild flavour of eggs. Let your baby enjoy the natural flavours of single foods.

# Baby steps

Once you start, gradually add eggs to your baby's meals. Eggs are super easy to prepare for breakfast, lunch, dinner or snacks.

Help your baby learn to enjoy new tastes and textures:

**At 6 months** start by offering smoother puréed blends.

**At 7 months** move on to mashed and minced textures.

**Before you know it** your baby will be ready for finger food fun!



Make sure to chop all fruit

## Munchkin menus

### Simple Scrambled Eggs

With only two ingredients, this recipe could not be easier!

**You'll Need:**

- 1 large egg
- 2 Tbsp breast milk or formula

**Prep and Cook:**

- 1 Mix egg with breast milk or formula and whisk until well combined.
- 2 Heat a non-stick pan over medium heat and add egg mixture. Cook, stirring often with a spatula, until eggs are scrambled and completely cooked through.
- 3 Chop into tiny bits and serve to baby.



### Save time at mealtime

Make a large batch of hard-boiled eggs for both you and baby to enjoy throughout the week. Cool and store eggs in the shell in a sealed container, for up to 1 week in the fridge.

### Egg and Pea Mash

Eggs and peas make a great pair, teaming up to give baby protein, iron and fibre!

**You'll Need:**

- ½ cup (125 mL) fresh or frozen peas
- 1 large egg

**Prep and Cook:**

- 1 Steam or boil peas until very tender. Drain as needed and mash or purée to desired texture. Let cool.
- 2 Hard boil the egg, cool, peel, then mash it very well.
- 3 Add ¼ cup (60 mL) pea purée and mash together well until you have the right texture for your baby. Add a little breast milk or formula to thin if you like.



#### Tip

Soft foods, like eggs, make great finger foods. Just chop into small bites for meals or snacks.



**get cracking®**  
Egg Farmers of Ontario