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Babies should be introduced to iron-rich foods first.

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Baby's Most Nutritious Food Choices - a Quiz for

Mums of 6-7 Month Olds!

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Friday, May 26th, 2017

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Breast milk should still be your 6-7 month old's main source of nutrition. And even though she's only just started solids, your baby may want to try the foods she sees her family eating. But she's not ready for table foods just yet.

Take this interactive quiz to separate baby nutrition truth from myth.

TRUTH OR MYTH QUIZ 6-7 MONTHS

Question 1 of 7: Truth or Myth? Iron is found in high amounts in breast milk, so babies get plenty.

Bravo!

That was a myth - it's been found that many 6-12 month old babies aren't getting enough iron each day. Iron supports healthy brain development and helps your baby's red blood cells carry oxygen around his body. Around the middle of the first year, the natural iron stores which babies are born with may begin to deplete. Breastfed babies need iron and zinc from food at this time, which can be found in iron fortified infant cereal and pureed meats.

Sorry, that was a myth!

It's been found that many 6-12 month old babies aren't getting enough iron each day. Iron supports healthy brain development and helps your baby's red blood cells carry oxygen around his body. Around the middle of the first year, the natural iron stores which babies are born with may begin to deplete. Breastfed babies need iron and zinc from food at this time, which can be found in iron fortified infant cereal and pureed meats.

Question 2 of 7: Truth or Myth? Babies who start solid foods at 6 months don't have to begin with infant cereal.

Great!

Babies should be introduced to iron-rich foods first. This can be either iron-fortified infant cereal or pureed meats so they don't miss out on this essential nutrient.

Nope, sorry!

Babies should be introduced to iron-rich foods first. This can be either iron-fortified infant cereal or pureed meats so they don't miss out on this essential nutrient.

Question 3 of 7: Truth or Myth? Once your baby has mastered iron-rich cereal and/or puréed meats, single fruits and vegetables should be added next.

True!

After your 6-7 month old has started on her first solids, single vegetables and fruits should be introduced one at a time. After that, comes a combination baby food to give her all the variety she needs.

Sorry, it is true!

After your 6-7 month old has started on her first solids, single vegetables and fruits should be introduced one at a time. After that, comes a combination baby food to give her all the variety she needs.

Question 4 of 7: Truth or Myth? You can tell your 6-7 month old has had enough to eat if she turns her head away from the spoon.

Right!

This is known as a 'fullness cue'. Your baby may also tell you she's full by rejecting a familiar and liked food, or by becoming distracted and noticing her surroundings more. Watch for these cues when feeding your baby.

Oops, that was right!

This is known as a 'fullness cue'. Your baby may also tell you she's full by rejecting a familiar and liked food, or by becoming distracted and noticing her surroundings more. Watch for these cues when feeding your baby.

Question 5 of 7: Truth or Myth? If you offer puréed fruits first, your baby will like sweet tastes and not like vegetables.

Myth!

The truth is that the order of introduction of fruits and veggies doesn't matter. What matters is that you provide a variety of both to help enhance your baby's acceptance.

You're right, it's a myth!

The truth is that the order of introduction of fruits and veggies doesn't matter. What matters is that you provide a variety of both to help enhance your baby's acceptance.

Question 6 of 7: Truth or Myth? It's okay to feed your baby directly from a baby food container as long as you refrigerate the leftovers.

Better luck next time.

Feeding directly from a container of baby food can transfer bacteria from baby's mouth to the food that remains in the container via the spoon. Always put a portion of baby food into a small bowl and offer it to your baby from the bowl. Remember to throw out any food left in the bowl!

That's right.

Feeding directly from a container of baby food can transfer bacteria from baby's mouth to the food that remains in the container via the spoon. Always put a portion of baby food into a small bowl and offer it to your baby from the bowl. Remember to throw out any food left in the bowl!

Question 7 of 7: Truth or Myth? Babies shouldn't eat yoghurt until after age 1.

You're right, not true.

Yogurt is an appropriate source of protein and calcium that can be introduced after 6 months. **However, plain cow's milk should not be introduced until after 1 year of age.**

Sorry, not true.

Yogurt is an appropriate source of protein and calcium that can be introduced after 6 months. **However, plain cow's milk should not be introduced until after 1 year of age.**

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