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# Eggs for Your Baby



# Good Nutrition For A Healthy Start

According to the Canadian Paediatric Society, Dietitians of Canada and Health Canada, breast-feeding is the optimal method of feeding infants. If you choose not to breast-feed, an iron fortified infant formula is the next best choice. Solids can be introduced when breast milk or formula will no longer satisfy your baby's nutrient or growth requirements.

When your baby is six months old, nutrient-rich solid foods are needed to meet nutrient and growth requirements. When starting solids, introduce one food at a time, about three days apart, so you can see how your baby reacts to that particular food. Start by feeding your baby iron fortified infant cereals. When your baby has accepted cereals, start feeding strained cooked vegetables and fruits.

Your baby will be ready for high-protein foods such as strained chicken, beef, veal, pork, fish, tofu and egg yolk at about six months of age.

Energy and nutrient requirements are particularly high in the first two years of life. By one year of age, eating a variety of foods from the four food groups in *Canada's Food Guide to Healthy Eating* in addition to breast milk or formula is desirable. Restricting fat in the diet is not recommended because it can compromise a child's growth and development at this stage of life.

## MOM, DID YOU KNOW ...

- Eggs are an excellent source of the nutrient choline? Studies indicate that choline plays an important role in brain development and function. Experts recommend that pregnant and lactating women eat eggs to ensure adequate choline intake.

- Health Canada also recommends an adequate intake of essential fatty acids such as omega-3 fats during pregnancy for proper neural and visual development of the baby. Omega-3 fats are found in foods such as flaxseed, fish, omega-3 eggs and omega-3 enhanced dairy products.



# Egg Yolks:

## A Healthy Food For Your Baby

Feed your baby just the egg yolk until baby is one year old.

Add cooked egg yolk to your baby's diet gradually, starting with 1½ tsp (7 mL). Hard cook the egg yolk, then mash and mix with a little breast milk or infant formula. If baby doesn't like this texture, mix the raw yolk with a little breast milk or infant formula and cook in the microwave (for instructions see the Cooking Egg Yolks for Babies section).

Do not add salt, sugar, butter or margarine to the egg yolk. Let your baby enjoy the natural flavours of single foods.

When your baby has accepted the cooked egg yolk, try stirring it into other foods baby likes, such as cereal, puréed meat, fruit or vegetables or try sprinkling hard-cooked egg yolk over mashed potatoes.

### *Eggs in Baby's Diet...*

- are a nutritious source of protein, fat, vitamins A, D, and E, thiamin, niacin, riboflavin, phosphorus, zinc and iron.
- have a protein quality that is second only to breast milk.
- require little chewing and are easily digested.
- have a delicate taste that most children enjoy.
- are versatile and economical.

### Cooking Egg Yolks for Babies

**Poached:** Separate egg white from yolk. In a saucepan, bring 3 inches (8 cm) water to a boil. Reduce to a gentle simmer. Gently slip yolk into water. Cook in barely simmering water until firm, about 3 minutes. Remove with a slotted spoon and drain well.

**Hard-cooked:** Place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of the eggs. Cover saucepan and bring quickly to a boil over high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 22 minutes. Drain water and immediately run cold water over eggs until cooled. Remove egg from shell and separate yolk from white.

**Microwaved:** Separate white from yolk. In a small custard cup, beat yolk with ½ to 1 tsp (2 to 5 mL) milk or water. Cover with plastic wrap, leaving a steam vent and microwave on

MEDIUM (50% power) for about 30 seconds. Stir, then cook for approximately 10 to 15 seconds longer. Stir and let stand for 1 to 2 minutes.

# Egg Recipes Using Whole Eggs

**FOR BABIES OVER ONE YEAR OF AGE**

## Microwaved Scrambled Egg:

In a microwaveable container, whisk an egg with 1 tbsp (15 mL) milk or water. Cover with plastic wrap leaving a small steam vent. Microwave on HIGH (100% power) for 45 to 60 seconds, stirring twice during cooking. Let stand, covered, for 1 minute. If desired, add grated cheese, chopped vegetables or meat before cooking.



**French Toast:** In a shallow bowl, mix together 2 eggs,  $\frac{1}{2}$  cup (125 mL) milk and  $\frac{1}{2}$  tsp (2 mL) vanilla. Dip 4 slices of bread, one at a time, into egg mixture. In a skillet, over medium heat, melt 1 tbsp (15 mL) butter. Place dipped bread in skillet and cook until golden. Turn and cook other side. To serve, cut into pieces. (Refrigerate or freeze leftovers. Reheat in toaster or microwave oven.)



**Stuffed French Toast:** Make a sandwich with peanut butter and banana, ham and cheese, or strawberry jam and cream cheese. Dip sandwich in beaten egg mixture and cook as directed above.

See other side for more delicious meal ideas →

# Egg Recipes Using Whole Eggs

**FOR BABIES OVER ONE YEAR OF AGE**

**Egg 'n' Cheese Dog:** Using 1 or 2 eggs, make an omelette. Lay processed cheese slice on omelette. Roll up omelette and place in hot dog bun.



**Egg Burger:** Place a fried egg and a cheese slice in a hamburger bun.

## Toad in a Hole:

With a glass or cookie cutter, cut a circle from a slice of bread. Lightly butter both sides of the slice of bread. Place bread in skillet. Break egg into hole. Cook slowly until egg is set and bread is golden brown. Flip egg and bread over and cook until done as desired.

**Funny Face Sandwich:** Spread egg salad on a slice of bread, bagel or English muffin. Add toppings to make a funny face. For hair, use grated carrot, shredded cheese or curly lettuce. For eyes, use hard-cooked egg or cucumber slices. For a nose, use a piece of green or red pepper. For a mouth, use a tomato wedge.

See other side for more delicious meal ideas →

# Allergies

Some babies may have an allergy to the protein in the egg white. Wait until your baby is one year old before introducing egg whites.

This allows baby's immune system to develop and reduces the possibility of an allergic reaction. Signs of an allergic reaction include hives (swollen, itchy patches of skin), diarrhea, vomiting, abdominal pain or asthma.

For more information, contact your doctor or the Allergy/Asthma Information Association at

**1 800-611-7011**

**[www.aaia.ca](http://www.aaia.ca)**

or **[national@aaia.ca](mailto:national@aaia.ca)**

# Important First Years

The first years of your baby's life are an important time to encourage good nutrition and healthy eating habits. During this time, your baby will grow and develop very rapidly, and the kinds of foods your baby eats will change quickly.

Egg Yolk is a nutrient-rich food that can be added to your baby's diet at the same time as meat purées and other meat alternatives. Egg white can be added when your baby is one year of age. Ensure that your baby enjoys eggs that are well-cooked as the immune system continues to develop at this stage of life.

