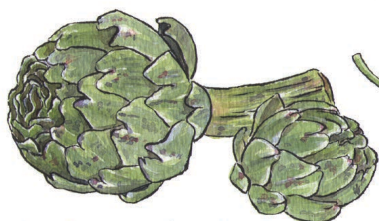


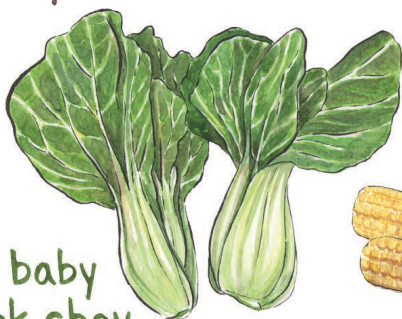
BABY FOOD



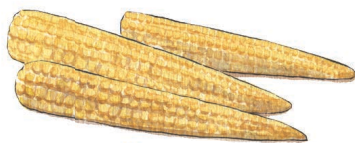
baby artichoke



baby carrots



baby bok choy



baby corn



© Lichia Liu

 baby back ribs

At six months of age, your baby is ready for solid foods, so what's your plan?

Did you know?

At 6 months of age your baby's iron reserves are low so foods that have iron are needed.

That's why Health Canada* now recommends that iron-rich foods like meat or meat alternates be introduced as Baby's FIRST solid foods.

Think: pork, beef, chicken, fish, tofu, pulses and eggs.

Iron-rich foods are essential to Baby's growth and development.

For more information, visit ThinkBeef.ca and cpc-ccp.com