



EGGS

a perfect first food
for babies

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

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get cracking.

Provide your baby with the full benefits of eggs by offering both the white and yolk. The yolk contains protein, energy, fatty acids, and nutrients such as choline, which is highly important for brain development and health.

Eggs are an excellent source of the highest quality protein and contain 13 important nutrients, including:



protein

to build & repair muscle



choline & lutein

for brain development



vitamin A

for vision & bone growth



vitamin D & phosphorus

for strong bones



vitamin E

for a boost to the immune system



B vitamins

for nerve & blood cell health



folate

for blood cell & spinal cord development



zinc

for reproductive organs & brain function



selenium

for DNA production & thyroid function



iron

for red blood cell health





Introduce eggs early

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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 Paediatric Society**, **Dietitians of Canada**, and the **Breastfeeding Committee for Canada** recommend whole eggs starting at 6 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.

Eggs & choline

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Choline is a key nutrient for learning, memory, and overall cognitive abilities. For optimal brain development, introduce eggs to your baby at 6 months as recommended by the Canadian infant feeding guidelines.

Eggs are loaded with a significant amount of choline, which cannot be found easily in other foods.



Did you know?
Just one large egg provides 100% of your baby's daily choline needs up until the age of three.

A solid start to good health

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 2 tsp (10 mL) of egg with a little breast milk or formula.
- 3 Offer** your baby 1 tsp (5 mL) at first. You can offer more if your 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 without any added salt, butter, oil, or margarine.

Signs baby is ready to eat solid foods:



Can sit up.



Has good head control.



Shows interest & opens mouth when offered food.



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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



TIP: It's important to cook eggs all the way through to eliminate any potentially harmful bacteria for your baby. Whether you're trying scrambled or hard-boiled eggs, ensure both the white and yolk are fully cooked.



Save time at mealtime

Make a large batch of hard-boiled eggs for both you and your 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.

Munchkin menus

Simple Scrambled Eggs

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

You'll need:

- 1 large egg
- 2 tbsp (30 mL) 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 your baby.



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 ½ cup (125 mL) pea purée and mash with the egg 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.