







*Y*our baby's little body is rapidly developing, so your choice of food will never be more important. At Earth's Best, we believe organically grown foods

are best . . . best for your child and best for the Earth. The food choices you make now will impact your child's health in the future. Earth's Best offers your baby a full line of organic baby food.

CHECK OUT THE EARTH'S BEST DIFFERENCE:

-  *Made from organic whole foods grown without fertilizers*
-  *No added salt, modified starches or refined sugar*
-  *No artificial flavours, colours or preservatives*
-  *Kosher Certified, except for meat varieties*

Visit our website www.earthsbest.com for product information and to find a store near you!

©2006 HAIN CELESTIAL CANADA ULC



A Healthy Way of Life™



Organic...Pure...Delicious.



Only the best is
good enough
for your baby.






BECAUSE NATURE IS A MOTHER AS WELL®

*A*llow us to spoonfeed you the solid facts. All baby food is simply not created equal.

Even so-called "natural" doesn't mean what you might think. Reassuringly, Earth's Best Organic Baby Food is as pure as puree can be. It's made from nutrient-rich whole foods that are grown without harmful contaminants. And there's not a jot of artificial flavour, colour or preservative in it either. In the first year of life, your baby's food is nothing to mess with. Not by you, anyway.

RECOMMENDED FEEDING SCHEDULE

The Canadian Pediatric Society recommends breast milk for the first six months. All babies develop differently, use this as a guide for introducing your baby to solid foods. Consult your pediatrician if you are unsure whether your baby is ready to begin solids. Remember, meal times are a great opportunity to have fun and communicate with your baby, but they may be messy too. Get out your camera to capture these moments!

| Age | BREAST MILK | FORMULA | GRAINS | FRUITS & VEGETABLES | YOGURT, MEAT & POULTRY |
|---|--|---|--|--|---|
| 0-1 MONTH | Every 2-3 hours, or 8-10 feedings each day. Feed on demand. | Every 3-4 hours, or 6-8 feedings each day, 2-3 oz. per feeding. | None | None | None |
| 1-4 MONTHS | 6-8 feedings each day. The number of feedings will decrease as your baby sleeps longer at night. | Every 4-5 hours, or 5-6 feedings per day. 4-6 oz. per feeding. | None | None | None |
| 4-6 MONTHS  | Usually 6 feedings each day. | 4-5 feedings each day, 6-8 oz. per feeding, maximum of 32 oz. per day. | The first solid food is usually iron-fortified rice cereal, followed by oatmeal and other grains. This provides the extra iron that babies this age need. Start with 1 tbsp. each meal mixed with either breast milk or formula to desired consistency and increase to 4 tbsp. each meal. Begin with 1 serving each day and advance to 2 when accepted by your baby. | Once baby accepts cereal, begin with strained fruits and vegetables. Start with single vegetables that are finely pureed. Advance to approximately 4.5 oz. jar per meal. Remember to try only one new food at a time; watch for signs of allergy (diarrhea, rash, vomiting). | None |
| 6-9 MONTHS  | Usually 4-6 feedings each day. As your baby takes more solids, the number of feedings will decrease. | Depending on the amount of solid food in your baby's diet, the formula will range from 24-30 oz. per day. | At 8 months, introduce foods that have more texture. | May want to try juice. Continue with fruits and vegetables to include new single flavours and combinations offering new tastes and textures. | At 7 months can begin yogurt. At 8 months can begin finely milled poultry and meats. |
| 9-12 MONTHS  | As baby takes more solids, the number of feedings will decrease. Usually 4 feedings each day. | The formula intake will fall to approximately 24 oz. per day. | Usually 1 time each day (1/4 - 1/2 cup). May want to try finger foods, such as well cooked pasta. | Usually 2 servings of fruit AND vegetables per day (1/4-1/2 cup each serving). As babies transition more to table foods, they can try a "chunkier" texture. Select easily chewable foods cut up into small pieces. Try more finger foods, such as small pieces of banana. | Usually 1 serving of yogurt (1/4-1/2 cup). Usually 1 serving of meat or poultry. For variety try soft cheese. |

SOURCE: DR. NANCI PITTMAN, MT. SINAI HOSPITAL, NEW YORK

www.earthsbest.com

 ORGANIC
BABY FOOD



**JUDGED BEST
TASTING!**

By the Independent Professional
Chefs of the Quality Institute
International-American
Tasting Institute.

