

Buying Baby Foods

Baby foods can be nutritious and easy to use.

When shopping, choose the best baby foods for your baby. Handle baby foods safely at home. Your baby will enjoy the variety of tastes.

1st Foods

Offer single ingredient fruits and vegetables as your baby's first baby foods.

Plain carrots, peaches, pears, green beans or squash are good choices.

Offer a new single ingredient fruit or vegetable for 5 days before starting a new one.

Watch your baby for any reactions to the new food. If you think your baby is reacting to a new food (rash, stomach upset, diarrhea), talk to your health care provider.

2nd Foods

After your baby has tried all the single ingredient fruits and vegetables, try 2nd foods.

There are new flavors and combinations in 2nd foods.

3rd Foods

When your baby is older and able to mash foods with his gums, he can eat 3rd foods.

They have more texture and may have small pieces of foods.

3rd foods may also have some seasonings.

Check the label!

When buying fruits and vegetables, choose 100% Fruits and 100% Vegetables.

Try new meat and fruit/vegetable mixtures!

Apples & Ham, Broccoli & Chicken,
Sweet Potatoes & Turkey

They are good sources of protein and taste great.



What's the best way to feed baby foods?

Place part of the baby food in a small dish.
Feed your baby from the dish,
not the jar of baby food.

How long can I store leftover baby foods?

You can cover the baby food
and keep it in the refrigerator for up to 3 days
as long as you did not feed from the jar
or heat the entire jar.

Are baby food desserts a healthy choice?

Baby desserts have added sugar.
Limit desserts.
Offer 100% baby fruits and your baby will learn
to prefer the natural taste of fruits.

Which fruits and vegetables should I offer?

Offer your baby a rainbow of colors.
Try orange – carrots, peaches, apricots
Try green – green beans, peas, spinach
Try blue - blueberries



High Fiber Foods

Many pregnant women have constipation.
Feel good when you're pregnant – eat high fiber foods!

Try to eat whole grains
for at least ½ of your grain foods.

10 ways to eat whole grains:

- 1 Eat a bowl of whole grain breakfast cereal.
- 2 Try oatmeal for breakfast.
- 3 Snack on whole grain breakfast cereal.
- 4 Use whole grain bread for your sandwich.
- 5 Buy whole grain tortillas.
- 6 Try a whole grain bagel.
- 7 Snack on popcorn.
- 8 Buy crackers made with whole grains.
- 9 Add whole grain pasta to your dinner.
- 10 Cook with brown rice.



Holiday Casserole

2 tablespoons vegetable oil
2 boneless, skinless chicken breasts
8 ounce package frozen cauliflower
and broccoli
1 cup instant brown rice, uncooked
1 can (10 ¾ ounce) Healthy Choice
condensed cream of chicken soup
½ cup skim milk
4 ounces American cheese

- Heat oil in skillet. Cut chicken into small chunks.
- Cook chicken chunks in skillet, stirring until meat is no longer pink.
- Combine all ingredients in a large casserole dish.
- Bake in a 350° oven for 30 to 40 minutes. Serve.

6 servings (1 cup serving) – 292 calories,
9 grams of fat, 28% calories from fat,
and 2.3 grams of fiber in each serving.

Will breastfeeding help prevent colds and ear infections in my baby?

Yes, breastfed babies have fewer colds and
ear infections than formula fed babies.

This is good!

Breastfeed and enjoy the benefits:

- ♥ A healthy and happy baby
- ♥ Fewer trips to the doctor's office
- ♥ Fewer sleepless nights with a sick baby
- ♥ Save money – less money spent on medicine

