

Orange and Green Veggies

Eating vegetables at an early age can help teach healthy eating habits for life!

Most babies are ready to eat vegetables when they are about 6 months old.

Start with strained vegetables.

Offer colorful vegetables to your baby. Vegetables full of color are also full of nutrition!

Enjoy Orange Vegetables!

Carrots
Sweet Potatoes
Squash

Enjoy Green Vegetables!

Broccoli
Spinach
Green Beans
Green Peas

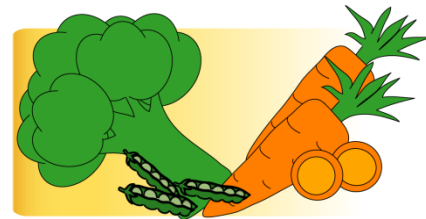


Offer 2 to 4 tablespoons vegetables twice a day to your baby.

Wait at least 5 days between new vegetables. If your baby has a reaction to a new vegetable, discuss it with your health care provider. You may need to wait for a month and try the new vegetable later. A possible reaction could be a stomach upset, diarrhea or skin rash.

When your baby can tolerate all the single ingredient vegetables, then you can introduce some combination vegetables:

Carrots and Sweet Peas
Garden Vegetables
Mixed Vegetables
Sweet Potatoes and Corn



Most babies are ready to eat soft cooked pieces of vegetables between the ages of 8 to 10 months.

Offer finger foods:

Soft cooked Carrot pieces
Soft cooked Sweet Potato pieces
Soft cooked Squash pieces
Soft cooked Green Beans
Soft cooked Green Peas
Soft cooked Broccoli

If you use canned or frozen vegetables, choose plain vegetables without added salt, sugar or spices.

When your baby starts to show an interest in what you are eating, be a good role model. Let your baby see you enjoying colorful vegetables at meals and snacks!

Can I breastfeed my baby if I don't always eat right?

Yes, your breastmilk IS the best food for your baby even if you have days when your diet isn't the best.

Make smart choices for yourself and your baby!

- ♥ Drink milk, water and juice instead of soft drinks and coffee. Choose skim or 1% milk.
- ♥ Eat lots of fruits and vegetables.
- ♥ Eat high fiber foods – whole wheat breads, cereals, crackers and pasta.
- ♥ Choose lean meats.

Homemade Baby Veggies

Orange and green vegetables can be used to make easy baby foods!

Try making some of these favorite baby foods:

Carrots
Sweet Potatoes
Squash
Peas
Green Beans
Broccoli

It's easy to make baby veggies:

- ♥ **Choose fresh vegetables whenever possible.** If you use canned or frozen vegetables, choose vegetables without added salt, sugar or spices.
- ♥ **Prepare the vegetables.** Wash and peel carrots. Scrub sweet potatoes. Scrub squash, remove seeds and cut into large pieces.
- ♥ **Cook fresh or frozen vegetables until they are soft.** Cook carrots, peas or green beans in a small amount of water. Bake sweet potatoes or squash in oven.
- ♥ **Mash vegetables with a blender, food grinder, fork or potato masher.**
- ♥ **Add liquid to make the correct thickness of food that your baby can eat.** Add a small amount of cooking water, juice, formula or breastmilk if needed.

Freeze batches of baby veggies:

- ♥ Fill an ice cube tray with pureed veggies.
- ♥ Cover the ice cube tray with plastic wrap and put in the freezer.
- ♥ Freeze the cubes.
- ♥ Remove frozen cubes from tray and place in a freezer bag.
- ♥ Label and date the freezer bag. Return the freezer bag of baby veggies into the freezer.
- ♥ Frozen baby veggies can be kept for up to 1 month in the freezer.

You will have bags of carrots, peas, squash, sweet potatoes and green bean cubes in your freezer – ready to heat and serve!



Veggies with Color!

Let your children see you enjoying a variety of colorful vegetables.

- ♥ **Bake a sweet potato.** Serve with a small amount of margarine, dash of brown sugar and cinnamon. Top with crushed pineapple.
- ♥ **Cook fresh or frozen broccoli or cauliflower.** Sprinkle with parmesan cheese, shredded cheddar cheese or lemon juice.
- ♥ **Make a Sunshine Salad.** Combine shredded carrots with raisins and crushed pineapple. Stir in plain low fat yogurt or ranch salad dressing.
- ♥ **Eat Coleslaw!** Stir in shredded carrots for more color and nutrition.
- ♥ **Enjoy Winter Tomatoes.** Open a can of chopped tomatoes, heat and top with shredded mozzarella cheese and basil.

♥ Have a Salad!

Top chopped romaine or leaf lettuce with chopped tomatoes, broccoli, peppers, cauliflower or shredded carrots. Serve with a low fat salad dressing.



Homemade baby veggies help your baby learn to like the different types of veggies that your family eats.

Offer colorful vegetables to your baby!