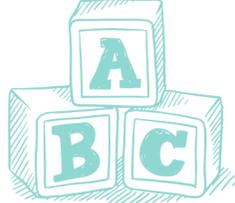


# The ABCs of Baby Food



It's easy to make mealtime into a learning experience for your little one. Teach them new tastes and the alphabet all at once with this handy guide!



## Applesauce

**A** is for **Applesauce** – Cook a chopped fresh apple for about 10 minutes, then puree in your blender or mash. Serve as-is or mixed with another puree for a new taste!

## Banana Puree

**B** is for **Banana Puree** – Puree or mash sliced bananas for another great fruit mush that's easy to enjoy alone or with other sweet or tart flavors.

## Carrot Meatballs

**C** is for **Carrot Meatballs** – Introduce this one around 10 months, when baby is old enough to hold onto their own food and eating solids. They make a great low-sodium snack!

## Dried Fruit

**D** is for **Dried Fruit** – This is one that should definitely wait until 9 to 12 months, after your little one's chewing other food well. While it's a great way to introduce new flavors and textures, be careful of choking hazards and cut the fruit into small pieces.

## Eggs

**E** is for **Eggs** – Egg allergies are common in infants but outgrown quickly, in most cases; start with yolks at 8 months and add the egg white at 1 year, if your child's not allergic. They're a nutrient-packed addition to any meal!

## Fish Sticks

**F** is for **Fish Sticks** – This is a great meal for older infants who are starting to learn about solid foods. If you bread them yourself with bread crumbs or ground potato chips, it can even be a family project!

## Grapes

**G** is for **Grapes** – Grapes make another great puree option, one that's especially easy to add to milk or formula for a tasty treat.

## Hummus

**H** is for **Hummus** – A tinge of chickpeas, some olive oil, lemon juice, and five minutes with a blender net you a tasty spread that goes with just about anything!

## International Food

**I** is for **International Food** – When baby's old enough for solids, don't hesitate to start looking beyond American favorites! Crepes with fun spreads are a great early food.

## Jicama

**J** is for **Jicama** – This veggie tastes like sweet carrots, and can be enjoyed raw by older children. For babies just starting on solids, though, it should be steamed first.

## Kiwi

**K** is for **Kiwi** – While kiwi is very acidic and probably shouldn't be baby's first fruit, it's chock full of Vitamin C and a great addition to meals! You can puree it or serve it sliced; even the seeds won't hurt tiny bodies.

## Lemon Yogurt

**L** is for **Lemon Yogurt** – Lemon yogurt, or yogurt of any flavor, makes a great addition to pancake mix.

## Mango

**M** is for **Mango** – Mangos are another good early fruit, which can be introduced anywhere from 6 to 10 months. Puree it, serve it as-is, or mix a blended mango into yogurt to a tasty treat!

## Nuts

**N** is for **Nuts** – Ground or chopped nuts (being mindful of allergies, of course!) make a great addition to cereal, yogurt, or fruit purees.

## Orange Yogurt Pops

**O** is for **Orange Yogurt Pops** – Oranges and other citrus fruits are best introduced at around 12 months; the high acid content tends to give babies rashes before then. Once they're old enough, pureed orange added to yogurt and frozen overnight in an ice cube tray makes a fun dessert, especially on hot summer days!

## Potatoes

**P** is for **Potatoes** – Did you know you can puree potatoes after boiling, instead of mashing them? The resulting paste is an easy background to any number of other foods.

## Quinoa

**Q** is for **Quinoa** – This tasty side makes a great mix with cheese, butter and salt for an easy snack – quinoa balls.

## Rice

**R** is for **Rice** – Rice is a versatile food when you're considering options for baby. Start with puddings around 6 months, and graduate up to risotto at about 10 months, when they're better at chewing.

## Soup

**S** is for **Soup** – Since soup can be all liquid, it's a great way to start introducing new flavors to your little one before they're fully ready for solids! Lentils, carrots, and beets make perfect broths for baby.

## Tuna

**T** is for **Tuna** – Add tuna to a potato puree or other mushy food when baby's old enough to chew (around 10 months) to introduce a new flavor and texture.

## Under the Sea

**U** is for **Under the Sea** – Canned salmon is another great addition to purees and pastas! If you venture into shellfish, though, be mindful of allergies.

## Vanilla

**V** is for **Vanilla** – Natural vanilla extract is an easy way to add a little pep to anything from pureed fruit to plain yogurt!

## Wheat Germ

**W** is for **Wheat Germ** – Wheat germ is incredibly nutritious and goes with practically anything, from soups to purees to yogurt. However, if your child has a gluten allergy, you'll want to avoid this one.

## Xmas Dishes

**X** is for **Xmas Dishes** – We usually think of boxed stuffing as a Thanksgiving or Christmas side dish, but it can be a great meal for a baby just venturing into solid food! For added flavor, cook some spinach or kale and mix it in.

## Yogurt

**Y** is for **Yogurt** – Whether you make your own or buy it from the store, yogurt is an easy first solid food for baby.

## Zucchini Fries

**Z** is for **Zucchini Fries** – Bake sliced zucchini, sprinkled with olive oil and a little salt, at 400 for 20 to 25 minutes for a tasty, nutritious treat for an older infant.