

## Baby Food Recipes

Making baby food for your baby is a great alternative to purchasing foods in jars. To make baby food safely, remember to keep everything clean, remove potential choking hazards (such as peels, seeds, skin, bones and visible fat) and fully cook foods. **Use extreme caution if defrosting, heating or cooking baby foods in a microwave oven, and always stir food well before feeding it to your baby.** Microwave ovens can heat unevenly and form hot spots that could burn your baby's mouth. See the "Making Baby Food" education card for more information.

When your infant is developmentally ready to accept solid foods (consult your infant's physician) and after they have started on iron-fortified infant cereal, **offer vegetables, then fruits** (usually 6-8 months). Wait until your infant is at least 6 months old before feeding them home-prepared spinach, beets, turnips, carrots or collard greens because they may contain too much nitrate, which can cause methemoglobinemia (also called blue baby syndrome).

### Vegetables – begin when baby is 6-8 months

- Carrots
- Squash
- Sweet potatoes
- Broccoli
- Green peas
- Green beans

Steam or boil vegetables until tender. Blend or mash, and add liquid (cooking liquid, breastmilk or formula), or infant cereal, until it is the thickness your baby likes.

### Fruits – begin when baby is 6-8 months

- Bananas
- Apples
- Pears
- Apricots
- Melon
- Plums

Mash soft, peeled fresh fruits or cooked fruits without seeds. Add liquid or infant cereal until it is the thickness your baby likes.

### Meats – begin when baby is 8-10 months

- Lean beef
- Turkey
- Egg yolk
- Chicken
- Fish
- Beans or lentils

Bake, boil or broil food until cooked and tender. Blend or mash and add liquid or infant cereal until it is the thickness your baby likes.

## Baby Food Recipes

### Fruit Salad

- 1/4 ripe banana, peeled
- 1/4 ripe pear, peeled
- 2 tablespoons applesauce
- 1-2 tablespoons infant cereal (dry)

Mash together with a fork and serve to baby with a spoon. Put one serving aside to offer to your baby and store the remainder for another meal.

### Harvest Vegetable Soup

- 1/4 cup cooked potatoes, peeled
- 1/4 cup cooked carrots
- 1/4 cup cooked peas
- 2 tablespoons cooking liquid (from cooking vegetables)

Cook vegetables until tender. Mash or puree vegetables and combine with cooking liquid. Put one serving aside to offer to your baby and store the remainder for another meal.

### Beans and Rice

- 1/2 cup cooked pinto beans, black beans or lentils
- 1/4 cup cooked rice
- 2 tablespoons cooked carrot and tomato
- 1-2 tablespoons cooking liquid (from cooking vegetables)

Mash ingredients together, adding cooking liquid until it is the thickness your baby likes. Put one serving aside to offer to your baby and store the remainder for another meal.

### For a variety of mixed dinners:

- 2 tablespoons cooked, chopped meats or beans
- 1/4 cup cooked rice, pasta or potatoes (peeled)
- 2 tablespoons cooked vegetables with cooking liquid (from cooking vegetables) to moisten.

Mash desired ingredients together, adding cooking liquid until it is the thickness your baby likes. Put one serving aside to offer to your baby and store the remainder for another meal.