

HELPFUL FEEDING HINTS

Introduce new foods one at a time, in case your child is allergic to one. Remember, if you introduce a food and your baby doesn't like it, try serving it again another day. It may take several opportunities for your child to develop a taste for it. Let your child feed himself when possible, even if it is a little messy. Skill comes with practice!

FRUITS: Remove skins. Cut into small pieces. Use very ripe, softer fruits. Avoid hard chunks of fruits, such as apples and raisins, which are easy to choke on.

Suggested Fruits:

Apricots	Grapes (Cut up)	Nectarines	Plums
Bananas	Mangos	Peaches	
Berries	Melons	Pears	

VEGETABLES: Cook vegetables, so they are easier for babies to chew or swallow and prevent choking.

Suggested Vegetables:

Asparagus	Leafy Greens	Peas	Sweet Potato
Broccoli	Lima Beans	Potato	
Carrots	Mushrooms	Squash	

BREADS:

Cereals - Avoid sugar and honey coated cereals.
Some good choices include: Cheerios or Puffed Rice

Breads - Use wheat or other whole grain bread and fruit breads such as: pumpkin or banana. Cut into small pieces.

Noodles: Try cooked noodles or rice.

MEATS: Introduce ground or finely diced meats. Use moist chicken or turkey.
Try meatballs or meatloaf.

FOODS TO AVOID

Cakes, cookies, soda pop, candy, peanut butter and all chokable foods.