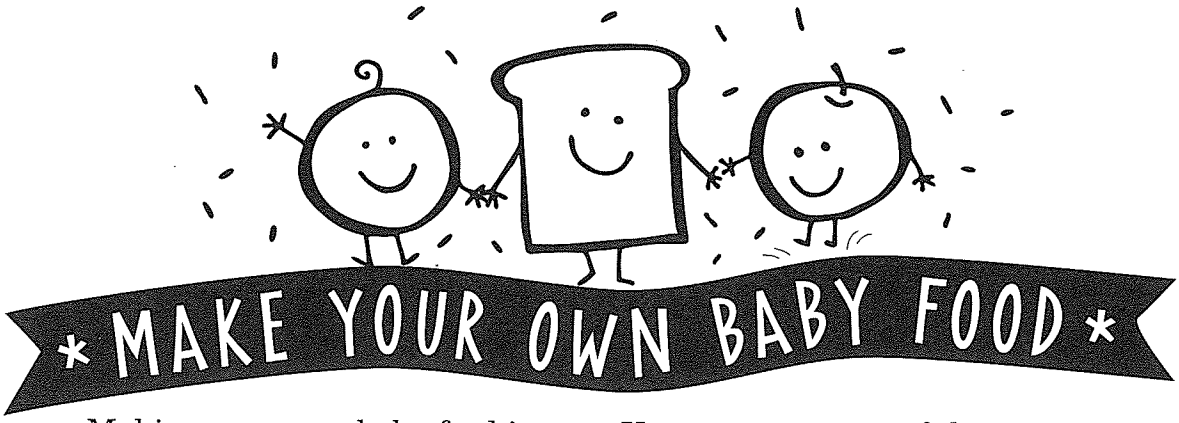


Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies, and later chopped, when your baby is ready for more textures.

Equipment You Will Need

- knife
- vegetable peeler
- ice cube trays
- plastic bags or containers
- fork or potato masher <u>or</u> spoon and strainer <u>or</u> blender, food mill or baby food grinder

Foods You Will Need

Use a variety of healthy foods like vegetables, fruits and protein foods when your baby is ready for them. Here are some examples:

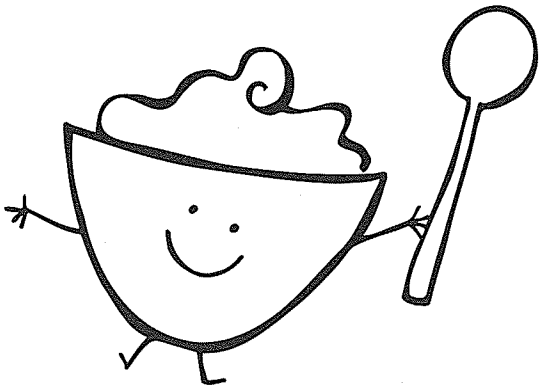
After 6 months:

VEGETABLES	FRUITS
broccoli	apples
carrots	bananas
green beans	blueberries
peas	peaches
potatoes	pears
squash	plums
sweet potato	

After 8 months, add:

PROTEIN FOODS

beans, cooked (kidney, northern, garbanzo, black, etc.)
chicken
egg yolk, cooked
fish
red meat
turkey
tofu



HEALTHY VERMONTERS 2010

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Vermont Chapter

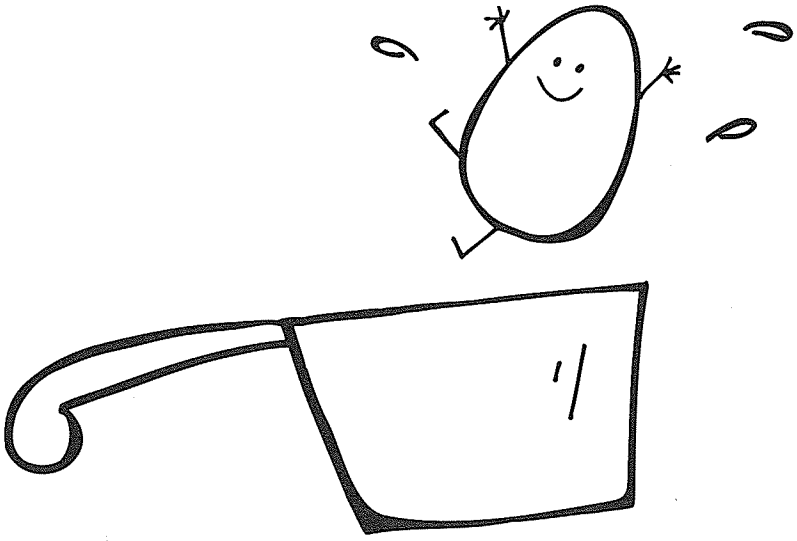
How to Make It

1. WASH, PREPARE & COOK

Wash all equipment and your hands with hot, soapy water. Rinse well and dry.

Fruits & vegetables
Wash and peel fruit and vegetables. Remove stems, pits and seeds. You may also use frozen fruits and vegetables without added salt, sugar or spices, or canned fruits packed in juice, not in heavy syrup. Some soft, ripe fruits, like bananas, or canned fruits, like peaches, don't need to be cooked before mashing. Cook firm fruits and vegetables in a small amount of water until tender.

Protein
Meats
Prepare meats by removing bones, skin and visible fat. Boil, bake or poach meat, poultry or fish until tender. Avoid frying, salting or seasoning.
Egg yolks
Wash shells before boiling. Don't use cracked eggs. Boil for 15 minutes. Remove egg whites.
Dried beans
Cook until soft, or use rinsed canned beans.
Tofu
Slice, boil, cool and dice. Follow package instructions for storage.



2. COOL & MASH

Allow food to cool to room temperature.

Cut food into small pieces, if necessary. Mash, puree or grind food, add small amounts of cooking water, breastmilk, formula or unsweetened fruit juice until mixture is smooth or at desired texture.

TAKE NOTE:
Babies prefer foods plain. Don't add sugar, maple syrup, honey, corn syrup, salt, pepper, herbs, spices, fats or oils.

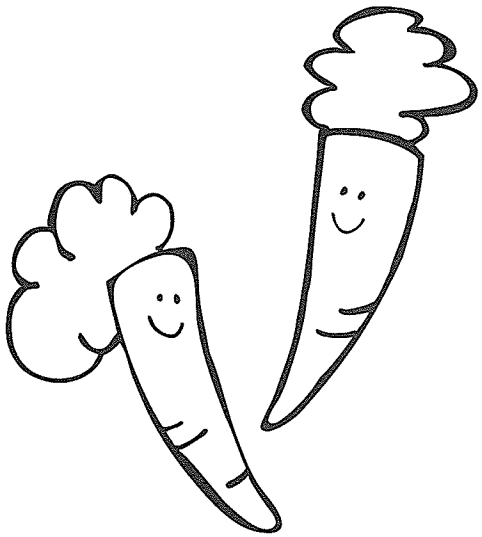
3. STORING & FREEZING

- Fill clean containers, cover and refrigerate immediately. Use within two days.

* * * or * * *

- If you know that you won't use it within two days, try freezing it.

  To freeze baby food, pour into ice cube trays and freeze overnight. Pop out cubes into a plastic bag or container. Label and date the container. Frozen baby food will keep for 1 month.

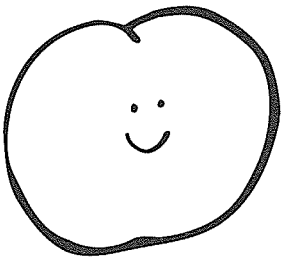


Recipe Ideas

Vegetable Puree

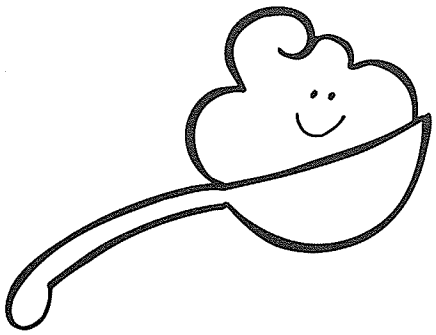
1/2 cup vegetable (such as carrot or sweet potato), washed, peeled and diced

Cook vegetable in a small amount of water* for 10 minutes, or until soft. Mash or blend.
Makes 1/2 cup.



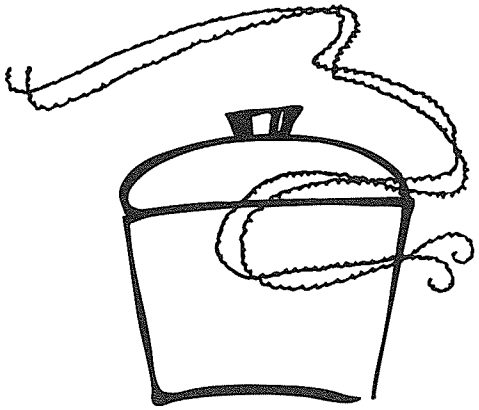
Fruit Puree

1 fruit (such as apple, pear, plum or peach), washed, peeled, cored/pitted and diced
Cook fruit in a small amount of water* for 10 minutes, or until soft. Mash or blend.
Makes 1/2 cup.
Variation:
Add some of the fruit puree to your infant's rice cereal.



Creamy Fruit with Tofu

1/3 cup mixed dried fruit, or 2/3 cup fresh fruit, cut into pieces
3 oz. soft (silken) tofu, mashed
2 tablespoons plain yogurt
Cover the fruit with water and simmer for about 10 minutes, or until soft. Mash fruit and blend together with tofu and yogurt.
Makes 1 1/4 cup.



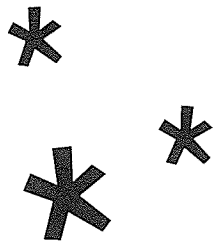
Carrots and Lentils

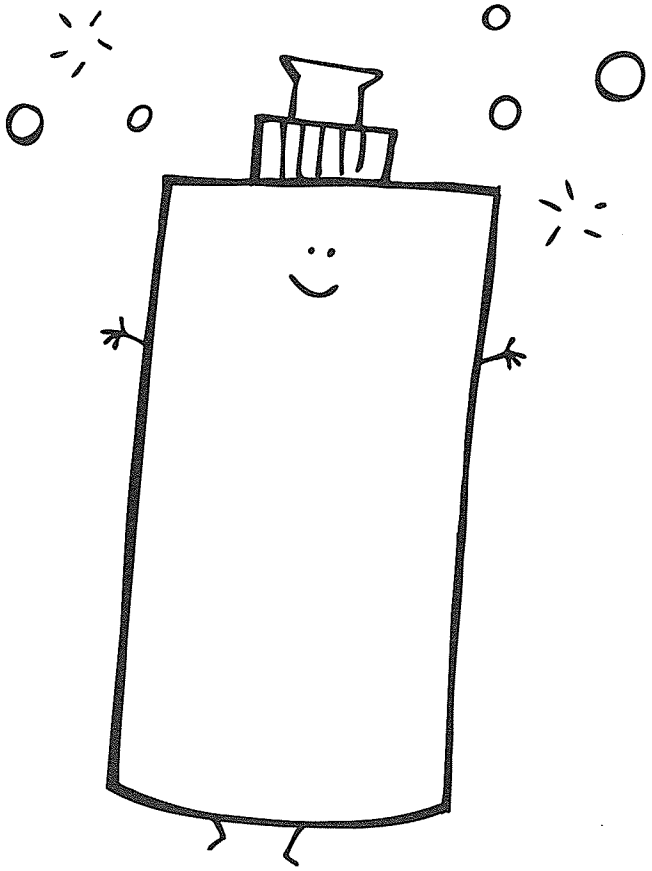
1 cup carrots, washed, peeled and diced
1/2 cup potato, washed, peeled and diced
1/4 cup red lentils, rinsed and sorted
1 1/4 cup water*
Place carrots, potato, lentils and water in saucepan. Bring to a boil, then cover and simmer for 40 minutes or until the lentils are very soft. Strain or blend the vegetable and lentil mixture until smooth.
Makes 2 1/2 cups.

**Instead of water, you can use breastmilk or formula.*

Some Feeding Tips

- Start your baby on one new food each week. As your baby gets older, you can mix foods together. For example, you can mix peas and carrots after your baby has tried both separately. Later chicken or plain yogurt can be mixed in.
- Take out as many frozen cubes as your baby will eat for mealtime. Thaw and warm in a small dish set in a pan of water over the stove. Use extreme caution if you defrost or warm in the microwave oven. Microwaves can heat food unevenly. Always stir the food well and check the temperature before feeding your baby.
- Eat with your baby and help make feeding time fun and relaxed.
- Re-heat only the amount of food to be used at one feeding. Throw away any leftovers.



Food Safety Considerations

- Harmful germs can make infants sick when food isn't handled properly.
- Always wash your hands and all equipment before preparing baby food.
- Never let cooked foods come in contact with raw foods, such as raw meats or uncooked eggs. Wash all cutting boards and utensils that have been used to prepare raw foods with hot, soapy water to prevent spreading harmful germs to other foods.
- Don't let baby food sit at room temperature. Refrigerate or freeze baby food immediately.