

first foods : purees

developmental readiness



introducing solids



Consistency – smooth and fully runs off a spoon

Step 1 = Stage 1

Single ingredient foods

Introduce 1 food at a time over 3-5 days

Vegetables	Fruits	Grains	Protein
peas	apples	rice	(cooked)
carrots	bananas	oatmeal	chicken
squash	peaches	potatoes	ground beef
pumpkin	pears	barley	salmon
spinach	mango	cereal	lentils
zucchini	avocado	maize/grits	beans

Step 2 = Stage 2

Two single foods they have tried – mixed together

OK to add herbs and spices – just no sugar or salt

home-make it or buy them!



Even with the best appliances - some foods are hard to blend!

WIC and SNAP benefits include **baby food**

Start with jars labeled: Stage 1

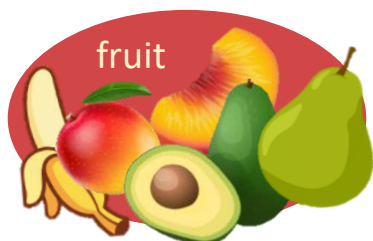
After practice: Stage 2



cooked protein



veggies



fruit



starches/grains



breastmilk or formula as base

apply it!



Follow and respond to your baby's cues. Especially if they are telling you "NO" (crying, upset, turning away, not engaged)



Feed your baby when they are sitting upright. Make sure they are fully supported. Ideally – feed your baby in a high chair.



Offer up to 1 Tablespoon, 1 time daily. After practice, increase to 2-3 times per day. Goal is: **practice and fun**, not portion size.



The best time to offer purees is:

- when your baby is showing interest
- **AFTER** breastfeeding or bottle feeding (breast or bottle are still primary nutrition)

QUESTIONS? Talk to your child's health care provider

More tips, recipes, and practice on the Pursuit app: Scan the QR code to jump right to the app.



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