

MAKING BABY FOOD BASICS



LIFE-STYLES: NUTRITION SERVICES LLC

We have provided you with a few recipes to get started. However, you can make baby food out of any of your left-over food. Just do not introduce it to your baby too soon. Current pediatric recommendations are to wait until 6 months to start adding solids. Starting solids too soon raises risks of allergies.

- Why? You already have it on hand and chances are you were going to throw it away. Baby just got here, so start making your baby food now and freezing it! How easy will it be when you come home from work or school and take it out the refrigerator and feed baby?
- Why? While convenient, commercial baby foods may lose vitamins and nutrients during processing, as well as the “yumminess” that can make your baby excited to try new foods and combinations.
- What? Using your leftovers is best but avoid spices, salt, pepper and sugar.
- Start simple. My god-daughter asked for a baby food maker, immediately I thought this is silly use all those gadgets you got for your wedding. Who am I to judge, so I get it? To this day she admits she can count how many times she used it. She now has 2 children. All you need is a microwave or stovetop to steam the food, and a blender, food mill or food processor to turn it into puree!
- Choose the right foods. Stumped on what kind of foods to puree? Sweet potatoes, green beans and carrots are good choices for veggies. Just cook them and mash. For fruits, try pears, peaches or plums. Also, some foods are no-cook, making it a lot easier for you: Bananas and avocados can be mashed or pureed quickly — super fresh! When it’s time to prep the fruits and veggies, you’ll want to wash them thoroughly and remove any parts that could cause a choking hazard, like seeds or stems.
- Let her have what you’re having. Your baby is not ready for a bite of your tamale or spicy wings but give them the flesh of the meat that is bland or boil off seasonings. Steamed broccoli and mashed potatoes can be thrown in the processor. It’s okay to combine two foods once you determine baby did not have an allergic reaction to either of them separately.
- Wait and See. When you introduce new foods to baby, you’ll want to wait a few days between each new serving to monitor any potential allergic reactions