

I like a rainbow of fruits & vegetables

fruits

apple
avocado
banana
blueberries
cantaloupe
kiwi
mango
papaya
peach
pear
pineapple
plum
watermelon

vegetables

dark green

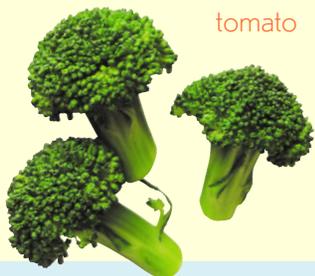
beet greens
broccoli
chard
kale
spinach

orange & red

acorn squash
butternut squash
carrots
pumpkin
sweet peppers
sweet potato
tomato

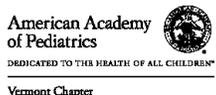
other

asparagus
beets
cabbage
cauliflower
green beans
green pepper
zucchini



Let's try something new:

Thank you for taking such good care of me! I love you!



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fruits & vegetables

ages 6-12 months



Hello – It's me, your happy eater!
Did you notice? I am loving fruits and vegetables. Thanks for helping me eat my colors. They are so good for me.

Offer me a variety and let my appetite be your guide to how much to feed me.
You're the best!

tips on feeding me fruits & vegetables



When I can crawl, at about 7 or 8 months old:

- Now I am ready to start eating food with small lumps in it. Mash a banana for my breakfast. For dinner, blend or finely chop vegetables you've cooked for the rest of the family.
- Your homemade baby food is just right for me. Make a big batch and keep small portions in the freezer to add to my meals everyday.
- Offer me fruits 2 times each day and vegetables 3 times every day. Sometimes I will eat a little less than you offer, and other times I will ask for more. Let my appetite be your guide to how much to feed me.
- I want to be at the table for family meals. While you're eating, I can practice feeding myself with my fingers. In addition to other foods, offer me:

- pieces of soft, ripe fruit, cut small, such as melon, avocado, pear or nectarine
- soft, cooked vegetables, cut small, such as asparagus, green beans, sweet potatoes or spaghetti squash

- I can choke on large pieces of food. When we eat together, I know you're close by and will keep me safe.

When I can sit up without your support, at about 6 months old:

vegetables

- Start with a teaspoon of plain, pureed vegetables, such as carrots, squash, peas, or sweet potatoes. I will let you know when I want more. Just watch for my signals.
- Offer me vegetables once or twice a day until I get used to them. It might take several tries for me to learn to like them.

fruits

- Offer pureed fruits such as peaches, pears, bananas, and applesauce.
- Offer me fruit once or twice a day.

Offer a new fruit or vegetable for 3 to 5 days before trying another new one.



If I say no to a fruit or vegetable, don't worry. Try it again another time.

- You may have to offer me a new food 10 to 15 times before I enjoy it.

I eat best when I can count on a regular routine.

- Try to feed me meals and snacks at the same time each day.

Offer me small amounts – I'll ask for more if I'm still hungry.

If you offer me juice, limit it to 2 to 4 ounces total per day.

- Give me 100% fruit juice.
- Give it to me in a cup.
- Avoid giving me sweet drinks like soda, punch, and other fruit flavored drinks.

When I can stand alone and take a few steps, at about 10 or 11 months old:

- I am ready to eat most of the foods that you eat. You don't need to mash my fruits and vegetables any more, but cut them into small bites so that I don't choke. You may just need to cook mine a little softer or take my portion out before you add a lot of hot spices.
- Offer me fruits 2 times a day and vegetables at least 3 times a day. Put some black beans or peas on my tray for a snack. When you're having baked potato and broccoli for dinner, fix some for me. I like what you like!

