



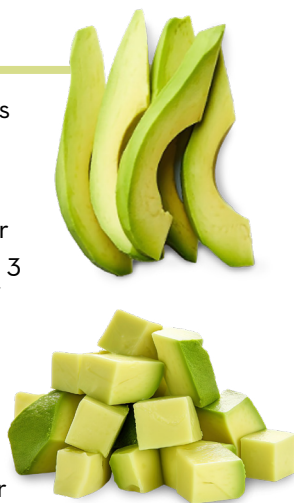
PREPARING FRUITS AND VEGETABLES FOR YOUR BABY

IS YOUR BABY READY FOR SOLID FOODS?

- Watch for signs of readiness such as sitting up with some help and holding up their head with good control.
- Fresh, frozen and canned fruits and vegetables are great options when prepared safely.
- Offer iron-rich foods, like infant cereal and baby food meats, alongside fruits and vegetables.

FINGER FOODS

- 1 Choose soft or cooked fruits and vegetables that can be easily mashed.
- 2 For infants 6-8 months, offer strips of food that are about 3 inches long and the width of two adult fingers. Let older infants practice with small, bite-sized pieces.
- 3 Avoid choking hazards such as hard, slippery, raw or round fruits and vegetables. Cut grapes, berries and other round foods into quarters.



Keep practicing!

Your baby might only eat small amounts of fruits and vegetables at first. They will get most of their nutrition from breastmilk or formula during the first year.

FOOD SAFETY AND STORAGE

Clean: Wash hands, utensils and surfaces with soap and hot water before preparing baby food.

Separate: Serve only the amount you think your baby will eat. Throw out any food left in your baby's bowl.

Store: Refrigerate baby food for up to three days. Or freeze in an ice cube tray, then transfer to a freezer bag and store up to three months.

HOMEMADE BABY PUREES

- 1 Wash fruits and vegetables and remove skins, peels, pits and seeds.
- 2 Steam, boil, bake or microwave fruits and vegetables until soft and tender.
- 3 Puree in a blender or mash with a fork. Add small amounts of breastmilk, prepared formula or water to reach desired texture. Start with thin, soupy purees. As your baby grows, offer thicker blends.



If you have questions, talk to your health care provider or WIC nutritionist.



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