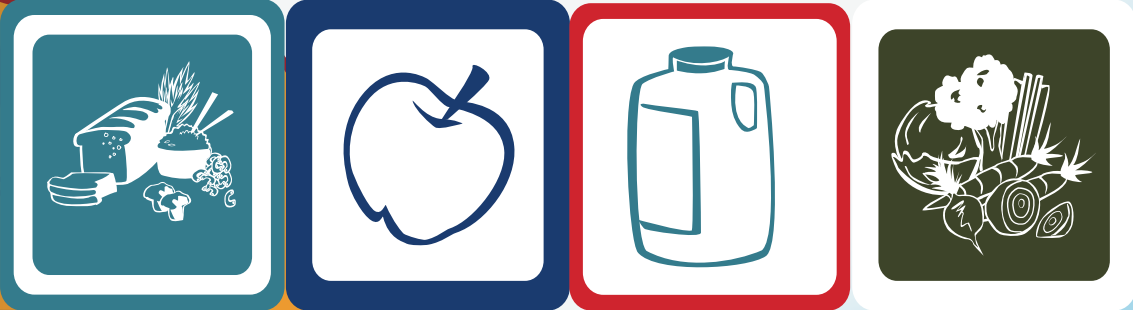




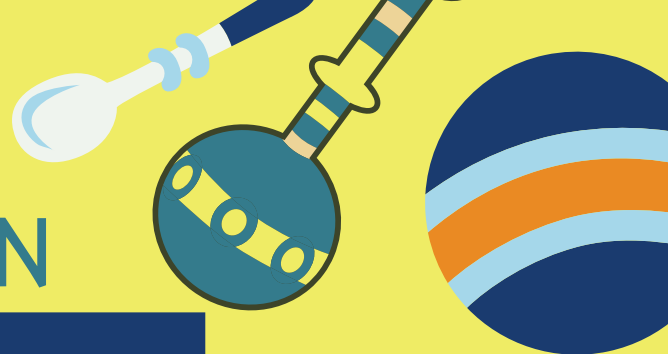
B **a** **B** **Y**

F **U** **E** **L**



**Filling Your Baby's Tank
with the Right Foods**

HELPFUL INFO FOR YOUR KITCHEN



COOKING CHART

Unit:	Equals:	Also equals:
1 tsp.	1/6 fluid ounces	1/3 Tbsp.
1 Tbsp.	1/2 fluid ounces	3 tsp.
1/8 cup	1 fluid ounce	2 Tbsp.
1/4 cup	2 fluid ounces	4 Tbsp.
1/3 cup	2-3/4 fluid ounces	1/4 cup plus 4 tsp.
1/2 cup	4 fluid ounces	8 Tbsp.
1 cup	8 fluid ounces	1/2 pint
1 pint	16 fluid ounces	2 cups
1 quart	32 fluid ounces	2 pints
1 liter	34 fluid ounces	1 quart plus 1/4 cup
1 gallon	128 fluid ounces	4 quarts

GOOD TO KNOW

1/16 cup = 1 tablespoon
1/6 cup = 2 tablespoons + 2 teaspoons
3/8 cup = 6 tablespoons
2/3 cup = 10 tablespoons + 2 teaspoons
3/4 cup = 12 tablespoons
1 cup = 48 teaspoons / 16 tablespoons

1 pint (pt) = 2 cups
4 cups = 1 quart
16 ounces (oz) = 1 pound (lb)
1 milliliter (ml) = 1 cubic centimeter (cc)
1 inch (in) = 2.54 centimeters (cm)

DISCLAIMER. This book provides general information about nutrition for babies and toddlers. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified pediatrician or health care practitioner to discuss specific individual health needs and proper nutrition and feeding for your child.



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BABY ON BOARD

*Knock, knock.
Who's there?*

*Baby.
Baby who?*

BABY, HAVE YOU GOT YOUR HANDS FULL NOW!

Special Delivery

Wow. Just look at that beautiful new thing you're holding in your loving arms. No, not this book. Your new baby. If you didn't know it by now, babies need lots of love, lots of sleep, lots of comfort and closeness, and to have their diapers changed. Oh, and they also need to be fed. Often. Sometimes when it's not a very good time for you.

This book, as cuddly and sweet as we hope it is, is meant to give you good info and some really great ideas for feeding your baby well and starting her off right on the road to good nutrition.

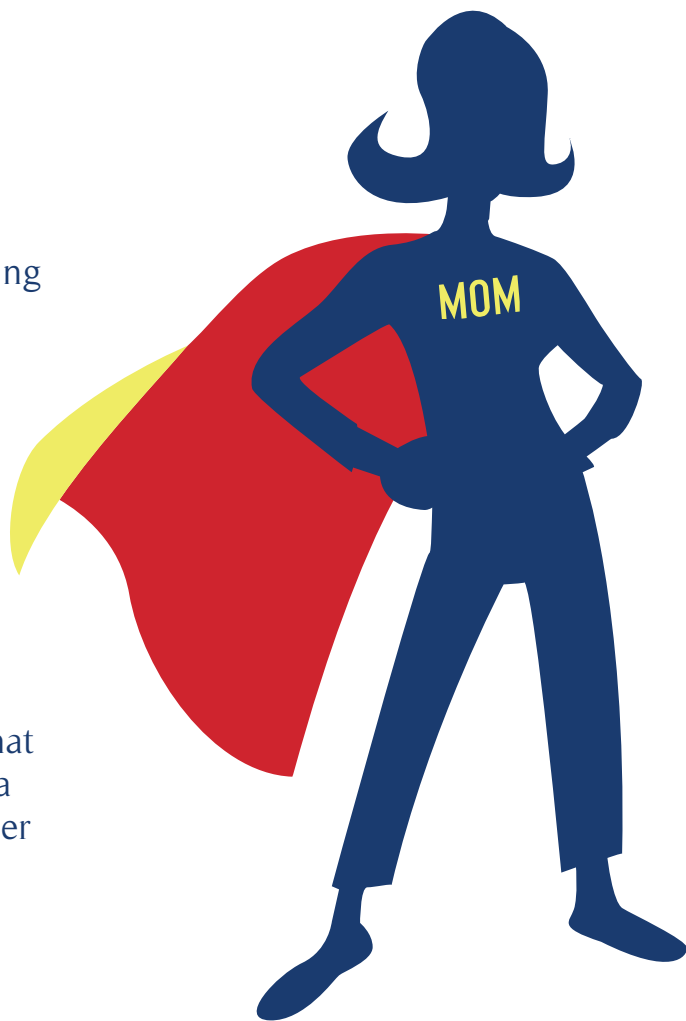
There's a section for Food Notes to help you keep track of what and when your baby eats, as well as some Definitions of Terms to help you with the meanings of key terms in understanding baby nutrition. Words you come across that are underlined can be found in the back of the book.

MOM AND DAD TO THE RESCUE

SIMPLY SUPER

It isn't always easy to instill good eating habits in your children. But with some planning, a good frame of mind and starting out on the right foot, you can help make sure your kids are healthy and make good [nutrition](#) a part of their everyday lives.

While you were pregnant, Mom, you knew that for the health of your baby you had to eat the right foods, get sleep and exercise and stay away from drinking and smoking. That level of commitment you followed then should be the same now when deciding how and what to feed your newborn. You may not wear a cape, fly or fight bad guys, but you're super heroes, Mega Mom and Dynamic Dad! Able to make strong choices in a single bound! Able to save the world, one meal plan at a time!



BABY BASICS

FOR CRYING OUT LOUD











A newborn baby's cry is a precious thing. It's tiny and whiny and high-pitched and helpless. But as a baby's lungs grow and his needs become clear, that cry quickly grows into a screech and howl that'll wake the neighbors and send cats scattering for safety. Baby is hungry, and he's telling you the only way he knows how. It's a routine he learns early: cry and fuss until a grownup comes along with food and comfort. The baby gets his hunger needs met, plus the chance to cuddle with you, feel your warm body, hear your soothing voice and study your face.

Know that crying doesn't always mean your baby is hungry. Feeding your baby each time he or she cries can lead to obesity and other health risks. Cues other than crying will alert you that baby's hungry. A baby will turn her head toward you when you gently touch her cheek, looking to be fed. This is called [rooting](#).



THE REASONS WHY

Common causes of crying in babies:

-  Hunger
-  Tired
-  Dirty diaper
-  Teething
-  Tummy problems
-  Wants to be held
-  Too hot
-  Too cold
-  Has a small pain
-  Has to burp



AGES AND STAGES

When it comes to feeding your baby, you have to think in terms of ages and stages. We've sectioned this book in age groups:

0-4 months **4-6 months** **6-12 months** **1-2 years** **2-3 years**

When you shop for jars of baby food, you'll likely notice that they're labeled with stages so you can choose the right food for your baby's age group.

Stage 1

For babies just starting out on solid foods; pureed to a thick liquid

Stage 2

For babies and toddlers used to eating solids; a little thicker and more solid

Stage 3

For older babies; chunkier foods

Store-bought baby food is good and safe for feeding your baby. But in stressing good nutrition and food quality, we've given you recipes for food you can make simply and cheaply. Good nutrition doesn't have to cost a lot. It can be far cheaper than buying premade jars of baby food. And even the most mild-mannered of moms can become a super hero by simply taking the time to learn what's best for her baby and rising to the task.

MAKING IT ON YOUR OWN

Making all or part of your baby's food is simpler than you might think. You can puree fruits, vegetables, grains and other foods, mixed with breast milk, formula or water to make the right foods at the right consistency for your baby. You can also puree foods that the rest of the family is having, as long as those foods are right for your baby and don't contain any seasoning.

Use a blender or food processor if you have one, but even a hand-turned food mill with stainless steel blades for making other textures will work well.

This book has many healthy recipes you can make on your own. Whether you're a first-time mom or a full-fledged hero-mom with a bunch of kids, you can learn a lot from these recipes and make good nutrition a part of your family's plan.

FIND IT!

Babycenter's Baby Food Basics:
babycenter.com/0_baby-food-basics_9194.bc

AMAZING BABY FACTS!

When a baby turns his head it means he has a full tummy.

If he turns his head when you offer a spoonful of food, it's because he's full. This is also where shaking your head "no" comes from.

SAFELY PREPARING BABY FOODS AT HOME

MAKING IT

Making food for your baby at home is often just as nutritious as store-bought foods and often cheaper. To be safe, extra care should be taken when making these foods. Here are some key guidelines from the USDA (United States Department of Agriculture) to keep in mind when making foods at home.

- ◆ Make sure your hands and all bowls, utensils and equipment needed are washed before starting
- ◆ Wash fresh fruits and vegetables well before cooking
- ◆ Never feed babies partly cooked or raw meat, poultry, fish or eggs
- ◆ Cook meat, poultry and fish thoroughly to kill any bacteria that might be in the food

STORING IT

Know about these helpful tips when it comes to storing leftover or pre-made foods for your baby.

- ◆ After cooking, serve right away, refrigerate or freeze the food
- ◆ Throw out anything that has been at room temperature for more than two hours
- ◆ Use refrigerated meat, poultry, fish and eggs within 24 hours and other refrigerated foods within two days
- ◆ Use frozen foods within one month

SERVING IT REHEATED

- ◆ Reheat frozen or refrigerated food to at least 165 degrees F before feeding. Let cool to lukewarm, stir and test the temperature before serving to baby
- ◆ Thaw frozen foods in the refrigerator, under cold running water, or when reheating. Never thaw at room temperature

FIND IT!

The USDA's guide to
Home-Prepared Baby Food:
fns.usda.gov/tn/team-nutrition

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FUEL GAUGE

0-4 MONTHS:

THE BREAST OF TIMES

BEFORE FOUR MONTHS

Breast milk or store-bought baby formula is the only nourishment your baby needs before reaching the age of six months. Many experts suggest sticking only to breastfeeding for the first six months. Starting solids before four months can raise the risk of certain food allergies. It can also lead to choking. Babies have a reflex to push their tongue against things that come between their lips. This reflex often goes away by five months so trying solids before that time might not work. So, from zero to four or even six months, limit his diet to only breast milk or formula.

Breast Milk

Health experts like breastfeeding over formula feeding. Moms should try to breastfeed for the first six months before also adding solid foods for at least twelve months.

THE BEST OF BREASTFEEDING

Breast milk is said to be the perfect nutrition for a baby's fragile digestive system.

Breast milk is easy to digest.

Breast milk has the vitamins and minerals needed by newborns.

It's believed that breastfed babies don't have as many allergies later in life.

Breastfed babies tend to drink more and then sleep longer through the night.

Breast milk is cheaper than formula.

Breast milk is always there.

Breast milk can be frozen and stored for later use.

Also...

Breast milk has antibodies that protect babies from many diseases. Studies say breastfed babies are less likely to get certain medical problems, such as diabetes, high [cholesterol](#) and asthma. People who were breastfed as babies have also shown less of a chance of getting [obese](#) or overweight.

For the mother, breastfeeding burns [calories](#) and helps shrink the uterus, making it simpler to get back in shape. Those who are for breastfeeding say that it may also cut the risk of breast and ovarian cancer.

BREASTFEEDING TIPS FOR NEW MOMS

- Nurse as soon as you can after birth.
- Figure out the proper latch-on style to get rid of much of the nipple pain and soreness. It also lets the baby get milk with more ease.
- Don't use fake nipples.
- Let your baby breastfeed as often as she wants.
- Try to sleep when your baby sleeps.
- "Wear" your baby. Carry your baby in a sling for easy nursing.
- Drink a glass of water each time you sit down to nurse to make sure you're drinking enough fluids.
- Don't wear bras and tight-fitting clothing in the first few weeks after delivery to let sore nipples heal.
- Use pillows to support you and your baby while breastfeeding.
- Talk with a [lactation consultant](#) who teaches breastfeeding.

FORMULA FOR SUCCESS

[Formula](#) is the other choice for those who can't or choose not to breastfeed. Though it doesn't have all the same benefits as breast milk, [formula](#) with iron added is a great choice. If your baby seems fussy, has diarrhea or is constipated, talk to your [pediatrician](#) about whether your baby has a [lactose](#) or soy [allergy](#).

THE FORMULA FOR FORMULA

Keep these tips in mind for formula feeding:

- Follow directions on the label with care
- Throw out any formula left out of the refrigerator for more than one hour or any left in the bottle
- Don't store pre-made bottles in the refrigerator for more than 12 hours
- Warm the bottle with care just before feeding
- Don't warm a bottle in the microwave
- Don't add anything to formula without first talking to your doctor
- Never lie your baby down to sleep with a bottle propped up
- Always use the scoop in the can of formula for measuring
- Don't dilute the measurement with less formula

FIND IT!

Family Education:
life.familyeducation.com/breastfeeding/formula-feeding/44286.html
 KidsHealth—Feeding Your Newborn:
kidshealth.org/parent/growth/feeding/feednewborn.html#

GOOD TO KNOW

If you choose formula over breastfeeding, make sure you use only commercially made formula. These contain all of the vitamins, minerals, proteins, sugars and fats a baby needs.

HOW MUCH?

Experts suggest the following amounts of breast milk per day for growing babies.

0 TO 4 MONTHS	21-24 oz. (6-12 feedings, 2-4 oz. each)
4 TO 6 MONTHS	24-32 oz. (4-6 feedings, 4-8 oz. each)
6 TO 8 MONTHS	24-32 oz. (4-5 feedings, 5-8 oz. each)
8 TO 10 MONTHS	24-32 oz. (3-4 feedings, 6-8 oz. each)
10 TO 12 MONTHS	20-32 oz. (3-4 feedings, 5-8 oz. each)
12 TO 24 MONTHS*	16-24 oz. breast milk if still nursing, though no <u>formula</u> is needed (1-4 breast feedings daily, sometimes more)

*Toddlers past their first birthday are most often drinking whole milk as their main liquid source of nutrition.

The SOLID TRUTH

FLY ME TO THE SPOON

Okay. Your baby has reached the big age of four months old. She's just 15 years and eight months away from getting her driver's license. But that's getting ahead of ourselves. We'll worry about that later. Now we get to think about feeding baby her first [solid foods](#).

Remember: there's no reason to rush [solid foods](#) before baby is six months old. Before four months old, his or her [digestive tract](#) isn't ready for [solid foods](#). The American Academy of Pediatrics and most [pediatricians](#) suggest the first feeding of solids at four to six months. Here are some signs to look for when figuring out if your baby is ready for solids:

Your baby...

- Is four to six months old
- Has doubled her birth weight and weighs at least 12-15 pounds
- Can sit upright with support and can lean in to eat
- Can turn away from food when full
- Seems interested in what you're eating
- Seems hungry even after nursing or drinking from a bottle
- Can swallow food instead of pushing it out with her tongue
- Can use her hand to bring an object to her mouth

THE RULE OF FOUR

Most doctors agree it's good to stick with a [solid food](#) for **four straight days** at a time, as this gives you the chance to see if your baby has any allergic reactions to the food. Once four days have passed without a reaction, move on to another food and try that in the same way. Watch closely for allergic reactions such as a lot of gas, diarrhea, vomiting or a rash. If there is a reaction, stop feeding your baby that food and wait at least two more weeks before trying the same food again.



2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FUEL GAUGE

4-6 MONTHS

DON'T THROW THE BABY BOTTLE OUT WITH THE BATHWATER

Keep in mind that up to one year old, breast milk or [formula](#) should still be your baby's main source of [nutrition](#). Try other solids and get your baby in the habit of eating from a spoon, trying new tastes and [textures](#) and building the social skills that go along with meals.

PUREE IS THE WAY

Solids mashed into liquids ([pureed](#)) are the natural choice for babies this age. He has few, if any, teeth yet and he's just learning to push foods to the back of his mouth to swallow. Keep it soft, keep it easy, and see what your baby likes and what he may be allergic to.

EXTRA IRON

Single grain baby cereal is a good first food because it gives extra [calories](#) and iron. Breastfed babies may not be getting enough iron from breast milk at four to six months. They'll need more if they're not eating cereal with iron. Four ounces of iron fortified cereal a day will be plenty for a breastfeeding baby. Those taking [formula](#) with iron don't need any extra.

First foods guide for your four to six month old baby:

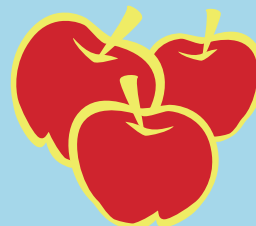
CEREALS & GRAINS	Rice, barley, oats
FRUITS	Apples, bananas, pears
VEGETABLES	Acorn & butternut squash, sweet potatoes, green beans
PROTEINS	<u>Pureed</u> meats
DAIRY	Cow's milk should wait until the baby is at least 12 months old

TIPS

- NEVER give a small baby/child raw meat or fish.
- NEVER replace breast milk or formula until after 12 months of age – serious health risks could happen. Never give a child under the age of two years old low fat or skim milk products; go with whole milk only.
- NEVER feed honey to a baby under one year old. It can cause a real problem called infant botulism.
- Always serve vegetables cooked until after 12 months old or when baby can chew well enough so they don't pose a choking hazard.
- Fruits may be served raw after eight months old or earlier if they're soft and baby has no tummy troubles. You don't ever have to cook bananas and avocados.
- Try to expose your baby to different flavors and textures of food.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

JOHNNIE APPLE-FEED PUREED APPLES



WHAT YOU NEED

2 medium-sized apples (Red or Golden Delicious)
1/2 cup water

HOW YOU MAKE IT

- Peel and chop apples into 1-inch cubes.
- Remove and throw out the core.
- Place apples and water in saucepan and simmer on medium-low heat until apples are tender – about 10-12 minutes.
- Once apples are tender, pour the contents of the pan into a blender or food processor. Puree until smooth. Add water if needed. Cool before serving.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

THE MONKEY'S UNCLE BANANA MASH



WHAT YOU NEED

1 ripe banana

HOW YOU MAKE IT

- Mash ripe banana with a fork until smooth.
- Serve right away.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

THE BIRDS AND THE BEANS

GREEN BEAN PUREE



WHAT YOU NEED

1 lb. fresh green beans, washed
and ends removed

1/2 cup water

HOW YOU MAKE IT

- Place green beans in a steamer (if you don't have one, place a metal colander over a pot of boiling water and cover).
- Steam beans for 7-8 minutes or until tender.
- Remove cooked beans from steamer/colander and put in a [food processor](#) or [blender](#). Add water and mix until smooth. Cool before serving.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

GIVE PEACH A CHANCE

PEACH PUREE



WHAT YOU NEED

2 medium-sized ripe peaches

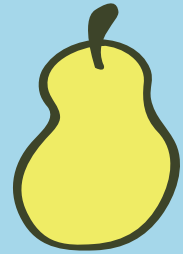
1/2 cup water

HOW YOU MAKE IT

- Cut peaches in half, take out the pit.
- Place fruit flesh-side down into pan and add water.
- Simmer fruit on medium-low heat until all the way tender and skin peels from flesh – about 10-12 minutes.
- Once cool to the touch, remove skin.
- After skin is removed, add fruit and liquid to a [food processor](#) and [puree](#) until smooth. Add more water if needed. Cool before serving.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

TRUTH OR PEAR PUREED PEARS



WHAT YOU NEED

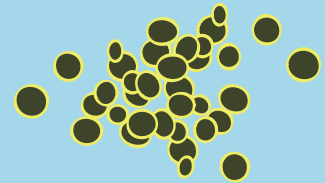
2 ripe medium-sized pears
1/2 cup water

HOW YOU MAKE IT

- Chop pears into squares (about a 1/4 inch), throwing away the peel and core.
- Place pears in sauce pan with water and simmer on medium-low heat until pears are tender – about 10-12 minutes.
- Once pears are tender, put everything from the pan (with the liquid) into a [blender](#) or [food processor](#).
- [Puree](#) until smooth. Add water if needed. Cool before serving.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

FOOTLOOSE AND FANCY PEAS PUREED PEAS



WHAT YOU NEED

1 package frozen peas
1/2 cup water

HOW YOU MAKE IT

- Place frozen peas in steamer. (If you don't have a steamer, place metal colander over a pot of boiling water and cover.)
- Steam peas for 6-7 minutes or until tender.
- Remove cooked peas from steamer/colander and put them in a [blender](#) or [food processor](#).
- Add water and blend until all the way smooth.
- Once cooled, pour mixture evenly into ice cube trays or cupcake tins, based on the serving size you want.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FUEL GAUGE

6-9 MONTHS

It's been a couple months now that your little one has been eating solids in the form of [pureed](#) foods. Time to step it up a notch and start on some new tastes and [textures](#). Take it slow, go at her pace and stick with simple solids until she's ready to toddle to the next level.

Never force feed your baby, but make him or her try new flavors and [textures](#). It could take up to five tries before a baby starts liking a new food. Don't give up if your baby spits it out on the first try.

Full-fat yogurt can be tried at this time. Also at this time, you can start adding in some fresh herbs and mild spices to your baby's diet, but watch with care for any allergic reactions. It's still a good idea to not add salt and extra sugar.

AMAZING BABY FACTS!

NO MORE PICKY EATERS!

The more flavors you give to a baby early, the braver his tastes will be later in life.

CHOKING ALERT!

Never give these foods to your baby, as they could cause choking:

- GRAPES
- NUTS
- RAISINS
- CHUNKS OF MEAT
- POPCORN
- HARD CANDY
- MARSHMALLOWS



A WORD ON JUICE

JUICE GUIDELINES

Many parents may think that giving a baby fruit juice is healthy for them. This isn't the case. Fruit juice does offer some good things for your baby's diet, but there are other reasons why it's not so great.

Never give your baby fruit juice before the age of six months. Your baby is getting all the [nutrients](#) he or she needs from breast milk or [formula](#). If your baby feels full from drinking juice, he may not want to drink milk. This could keep him from getting the [nutrients](#) he needs.

Keep these juice guidelines in mind...

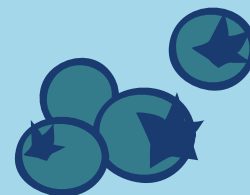
- Wait until after six months of age to give your baby juice
- Only let your baby drink juice from a cup, not a bottle or a sippy cup
- Give your baby no more than four to six ounces of juice per day
- Only give juice as part of a meal or snack, never at bedtime or in bed
- Juice should always be pasteurized (no fresh pressed apple cider). No other kinds are safe for babies
- Drinking too much juice can cause:
 - Diarrhea
 - Gas
 - Bloating
 - Tooth decay
 - Too much weight gain
 - Too little weight gain

TIPS

Instead of giving your baby juice, give her water. Water is cheaper and healthier. Once you have started your baby on juice, it's hard to switch her to water. Stick with water from the start and baby won't know what she's missing.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

BABY BLUE MOON BLUEBERRY PUREE



WHAT YOU NEED

2 medium-sized apples
(Red or Golden Delicious)
1/2 cup blueberries (fresh or frozen)
1/2 cup water

HOW YOU MAKE IT

- Peel and chop apples into cubes (about 1 inch), throwing away the core.
- Place apples, blueberries and water in saucepan; simmer on medium-low heat until apples are tender and blueberries burst open – about 10-12 minutes.
- Once cooled, add everything from the pan (with the liquid) to a [blender](#) or [food processor](#).
- [Puree](#) until smooth. Add more water if needed.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

TWO GREAT TASTES CAULIFLOWER POTATOES



WHAT YOU NEED

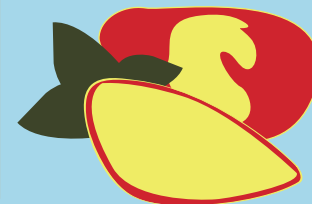
1 cup cauliflower florets
2 medium yellow potatoes, peeled and chopped (about 1/2 inch pieces)
1 Tbsp. unsalted butter - optional

HOW YOU MAKE IT

- Use a steamer basket to steam the cauliflower for 5-6 minutes, or until tender. Set to the side.
- In a pot of water, add potatoes and bring to a rolling boil. Boil for about 10 minutes, until potatoes are fork tender.
- Drain potatoes and cool slightly.
- Mix potatoes, cauliflower, 1/4 cup of boiling liquid, and butter in [food processor](#). Blend until smooth; add more water if needed.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

TAKES TWO TO MANGO PUREED MANGO



WHAT YOU NEED

1 medium-sized ripe mango

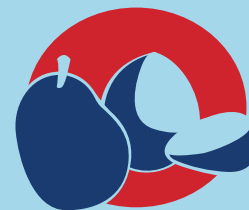
HOW YOU MAKE IT

- Peel mango and slice down each side of oblong pit.
- Remove and throw away the pit.
- Cut fruit into about 1 inch cubes.
- Add to blender or [food processor](#) and blend until smooth.
- Add water to mixture if needed.

Mango [puree](#) mixes well with yogurt or baby cereal.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

JUST PLUM CRAZY PUREED PLUMS



WHAT YOU NEED

3 plums

1/2 cup water

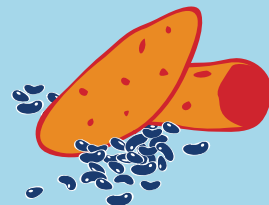
HOW YOU MAKE IT

- Cut plums in half and remove the pit.
- Place the fruit flesh-side down into pan and add water.
- Simmer the fruit on medium-low heat until all the way tender and skin peels from flesh – about 10-12 minutes.
- Once cool to the touch, remove skin.
- After the skin is removed, add fruit and liquid to a [blender](#) or [food processor](#) and [puree](#) until smooth.
- Add more water if needed.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

BEANS AND SWEETS

BLACK BEAN & SWEET POTATO TREAT



WHAT YOU NEED

1/2 cooked, small sweet potato (peeled)
1 Tbsp. cooked black beans
2 Tbsp. breast milk or formula
1 pinch of ground cinnamon

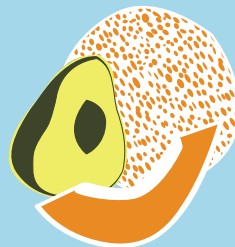
HOW YOU MAKE IT

- Simply mash or puree the ingredients, thinning with a little breast milk or formula if needed, to reach the consistency you want.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

SUPER MELON MASH

AVOCADO MELON MASH



WHAT YOU NEED

1 small slice cantaloupe melon
1/2 avocado, peeled

HOW YOU MAKE IT

- Remove the skin from the melon.
- Add to blender or food processor and blend until smooth.
- Mash the avocado and melon together.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FUEL GAUGE

9-12 MONTHS

Congratulations. You've reached the "tween" time of nine months to one year. Just like adults, babies need a range of [nutrients](#) in their diet. Your goal should be five servings each day of fruits and veggies for your baby. Servings can be small, such as a tablespoon or two for a six month old or 1/4 of a cup for a one year old.

EAT THE RAINBOW

Thinking in terms of colors when it comes to feeding your baby can help you make food with good, healthy [nutrition](#) in mind.

GREEN

Peas • green beans • spinach • asparagus • zucchini

ORANGE

Sweet potatoes • cantaloupe

YELLOW

Squash • bananas

RED

Cooked tomatoes • red peppers

Breads and [grains](#) are easy choices. Babies do well with cereal, cooked noodles, rice and soft breads.

AMAZING BABY FACTS!

THE HEAVIEST BABY EVER BORN

A boy born in Italy in 1955 weighed 22 pounds, eight ounces. That's about the same weight as a normal one year old.

KEEP IT SOFT

In the nine to 12 month age gauge, you can start to get a little more daring with meals. There are many foods you make for yourself that can be tossed in a blender and pureed for your baby. These foods are pasta with beans and broccoli, cooked chicken, mashed potatoes and others.

All foods should be soft for your baby, keeping them about the consistency of a ripe banana. The closer it gets to his first birthday, you can start trying foods with more texture, like sandwich pieces. Water in a sippy cup is good to start at this time.

CHOKING ALERT!

Never let your toddler walk around eating. The food can become a choking hazard if he or she were to fall.

GROWING UP

Your baby is getting to be an independent mini person at this time. He'll start feeding himself and gladly chewing on foods delivered to his mouth by his own fingers. Pasta, soft raw fruits and veggies are nutritious and perfect for little fingers.

A WORD ON ALLERGIES

Parents used to be told to wait months or years before giving kids some foods that tend to cause allergies like eggs, peanuts, tree nuts and fish. There is no proof that delaying these foods prevents allergies. Experts now say that even high-risk babies (babies from families with allergies, asthma or eczema) can start having regular pureed foods at four to six months old.

If the baby has no signs of allergy with these early foods, more can be introduced one by one. These foods can even be the ones most people are allergic to, like eggs, fish, and peanut butter. Stay away from whole nuts which could cause choking. Cow's milk should never be given to a baby until after age one.

DID YOU KNOW?

A child has a seven percent risk of a peanut allergy if a brother or sister has it.

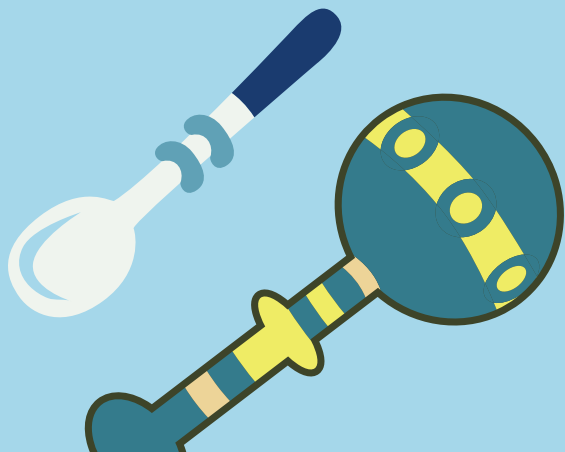
SAFE START

A baby can have an allergic reaction the first time he or she tries a new food. No one has really studied the safest way to start a baby out on these high-risk foods. The pros suggest these tips for starting a high risk baby out on the high-risk foods mentioned above:

- Have your baby try a taste of these foods at home, not at a day care or restaurant
- If your baby shows no signs of an allergic reaction, you can slowly give him more in greater amounts
- If your baby does show signs of an allergy or a skin rash, talk to your doctor before you try other high-risk foods
- If your baby has a brother or sister with a food allergy, your doctor may suggest an allergy test before trying out that food.




PASSING IT DOWN

By the time they're ready for school most kids have outgrown their allergies to soy and wheat. Twenty percent outgrow peanut allergies. Nut, fish and shellfish allergies can last a lifetime. Allergies can be inherited. If you have hay fever or food allergies or own a pet, your child has a 50 percent chance of having an [allergy](#) too. It may not be the same type. If both parents have allergies, the chance grows to 75.



READ THE LABEL!

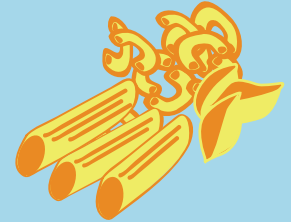
A U.S. law says that food makers must list the top food allergens on their product labels. This law is called the Food Allergen Labeling and Consumer Protection Act (FALCPA). The high risk foods are:

-  Eggs
-  Milk
-  Wheat
-  Soy
-  Peanuts
-  Tree nuts
-  Fish
-  Crustacean shellfish (crab, shrimp, and lobster, not mollusks like clams, oysters or squid)

These allergens must be listed in plain language. If you know your child has an [allergy](#) to a certain food product, read the labels with care and stay away from the foods that have the allergen.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

PASTA PARTY FOR ONE VEGGIE PASTA



WHAT YOU NEED

1 cup small whole grain pasta
1 Tbsp. extra virgin olive oil
1 small zucchini
2 small yellow squash
1 small carrot, grated
1/4 cup Parmesan cheese
Fresh parsley, finely chopped

HOW YOU MAKE IT

- Cook pasta in boiling water as the package instructions say, about 5-6 minutes. Drain and set to the side.
- Dice carrot, zucchini, and squash into small 1/4 inch cubes.
- Heat olive oil in sauté pan on medium heat.
- Add diced carrot; cook until soft.
- Add zucchini and squash. Cook for 4-5 minutes.
- Remove from heat and add parsley.
- In large bowl, mix pasta, vegetable mixture and Parmesan cheese.
- Chop in blender or food processor if needed, or serve as is.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

SWEET & BROWN PUDDING BROWN RICE PUDDING



WHAT YOU NEED

1 cup whole milk
1 egg
1/3 cup sugar
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
+ extra for sprinkling
1/4 teaspoon salt (optional)
1/2 cup cooked brown rice

HOW YOU MAKE IT

- Spray an 8 inch X 8 inch (or 9 X 9) baking dish with cooking spray.
- In a large bowl, whisk milk, eggs, sugar, vanilla, cinnamon and salt.
- Fold in cooked brown rice.
- Move mixture to a dish and sprinkle with cinnamon.
- Bake at **350 degrees** for about **40 minutes**.

Brown Rice Pudding can be enjoyed warm or cold.
Store in refrigerator for up to 2-3 days.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

YES, PLEASE!

PUMPKIN MAC & CHEESE

WHAT YOU NEED

- 1/2 box (4 oz.) whole wheat macaroni pasta
- 1 Tbsp. unsalted butter
- 1 Tbsp. all-purpose flour
- 3/4 cup milk, warmed
- 1/4 cup canned pumpkin*
- 1/2 cup grated mild cheddar cheese



HOW YOU MAKE IT

- Cook pasta in large pot of boiling water as the package instructions say, about 8-9 minutes.
- Drain and set to the side in large bowl.
- Melt butter over medium-low heat in a saucepan to make the cheese sauce.
- When fully melted, add the flour little by little and mix with a whisk to get out the lumps.
- Cook flour and butter mixture for about 3 minutes. Don't let it brown.
- Remove from heat and slowly add milk; mix with whisk until well blended. Cook for 5 minutes until the sauce is thick and coats the back of a spoon.
- Add pumpkin.
- Remove from heat and add grated cheese; stir until cheese is melted all the way and sauce is smooth.
- In a large bowl, pour cheese sauce over cooked pasta.
- Mix sauce and pasta until well blended. The mixture may look soupy but the pasta will soak up more of the cheese sauce as it sits.
- Once cooled, chop slightly in [food processor](#) for small babies or keep whole for toddlers. Serve right away.

*Substitute pumpkin with pureed sweet potato or butternut squash, if you want.

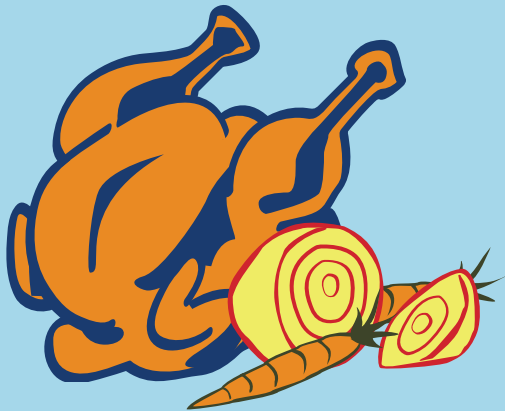
2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

TURKEY GOBBLE GOULASH

PUREED TURKEY & VEGGIES

WHAT YOU NEED

- 1 Tbsp. extra virgin olive oil
- 1 lb. ground turkey
- 1 stalk celery, diced into 1/4 inch pieces
- 1 small carrot, diced into 1/4 inch pieces
- 1 can of cannellini beans, drained and rinsed
- 2 cups chicken stock or vegetable stock*



HOW YOU MAKE IT

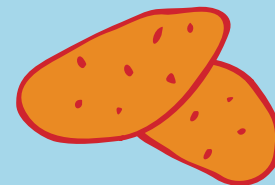
- In large stock pot, heat olive oil on medium-high heat.
- Add ground turkey and sauté until browned.
- Remove turkey from pot, drain on a plate covered with a paper towel and set to the side.
- Turn down heat to medium.
- In same pot, add diced celery and carrot and cook for about 6-7 minutes, or until vegetables are close to tender.
- Return turkey to pot.
- Add beans and chicken stock.
- Bring pot to boil.
- Once mixture is just boiling, turn down heat to medium low and simmer for about 10-15 minutes.
- Once cooled, add to blender or food processor and puree until you reach the consistency you want.

*Substitute with low sodium stock.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

SPUD NUGGETS

SWEET POTATO BITES



WHAT YOU NEED

3 medium sweet potatoes
2 Tbsp. olive oil
1/4 cup baby rice/oatmeal cereal (use rice cereal for [gluten free](#))

HOW YOU MAKE IT

- Preheat oven to 400 degrees.
- Peel and cut sweet potatoes into 1/4 inch cubes.
- Coat in olive oil and baby cereal.
- Spread out potatoes on 9 x 13 pan and cook for about 25-30 minutes.
- Once cooked, wait for potatoes to cool on pan.
- Serve or store by spreading potatoes out on the pan and putting in the freezer for an hour. (This keeps the potatoes from sticking to each other in the freezer bag.) Once potatoes are partly frozen, put in freezer bag and place in freezer.

2-3 YR.
1-2 YR.
9-12 MO.
6-9 MO.
4-6 MO.
0-4 MO.

BERRY-ED AWAY

JUNIOR FRUIT SMOOTHIE



WHAT YOU NEED

1/2 cup blueberries, thawed if frozen
1/2 cup red berries, such as strawberries or raspberries (optional, can change for 1/2 cup more blueberries)
1 cup plain or vanilla whole milk yogurt

HOW YOU MAKE IT

- If using fresh strawberries, remove stem and slice in fours. (If using frozen, thaw berries in refrigerator before using.)
- Add berries to a [blender](#) or [food processor](#) and [puree](#) until smooth.
- Pass berry [puree](#) through sieve to remove extra seeds.
- Stir in yogurt after seeds are removed and [puree](#) is all the way smooth.
- Mix until well blended.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FUEL GAUGE 1 TO 2 YEARS

ONE EQUALS FIVE

For those mothers who breastfeed their babies, there are still health benefits for both mom and baby after his first birthday. During this next year, babies will make the change from a mostly liquid diet to a mostly solid one. It's a big step for both the baby and the parents.



At the age of one year, toddlers should start the five-meal-a-day plan.

1. Breakfast
2. Morning snack
3. Lunch
4. Afternoon snack
5. Dinner

Your baby is the proud owner of a very small tummy and an appetite that changes. The American Academy of Pediatrics suggests small meals more often rather than fewer larger ones. Each of four to six mini-meals per day should have a fruit or a vegetable. Mix up proteins and grains throughout the day. With the mini-meal plan, you need to pay just as much notice to giving well-balanced and healthy snacks as you do the regular meals of breakfast, lunch and dinner.

Fruits and veggies are still a vital part in the diet of a one year old, or should be. Even though mac n' cheese or something like it may be the star of baby's diet, keep the basics of fruits and vegetables center stage.

GOOD TO KNOW

Keep your toddler's serving size at about one-third of an adult serving. Split a child-size plate into four equal sections. Make one section for vegetables, one for starches, one for meats and one for a second veggie or a special treat at the end of the meal. Each serving size should be about the size of the palm of your toddler's hand.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

GOOD GRAIN AND FRUITCAKES

WHOLE WHEAT BANANA PANCAKES

WHAT YOU NEED

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 pinch ground cinnamon
- 2 very ripe bananas
- 1 Tbsp. brown sugar
- 2/3 cup skim milk (+ a little extra if batter is too thick)
- 1 Tbsp. vegetable oil
- 1 tsp. vanilla
- 1 large egg



HOW YOU MAKE IT

- Mix first five dry ingredients and set to the side.
- Mash bananas, sugar, milk, oil, vanilla, and egg in a mixer.
- Slowly add dry ingredients to wet and mix just until blended.
- Heat non-stick pan on medium heat.
- Pour 1/4 cup of pancake mixture into round shapes and let cook for a few minutes until bubbles start to form on surface.
- Flip pancakes with a spatula and cook for 2 more minutes.

This recipe makes enough for a family of four. Extra pancakes can be frozen in a freezer bag, placed between sheets of parchment or wax paper.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

IN THE POCKET

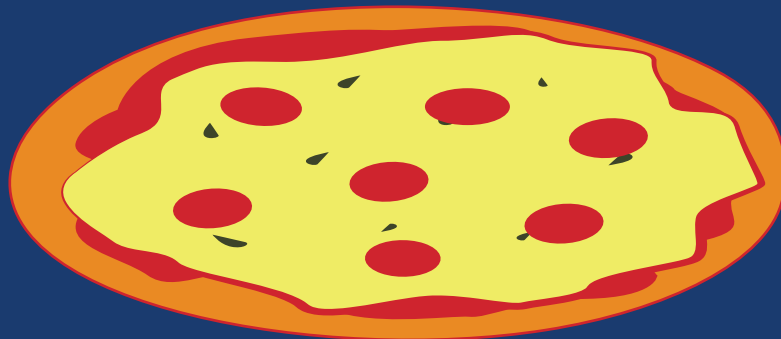
EASY PIZZA POCKETS

WHAT YOU NEED

- 7 oz. store-bought pizza sauce
- 1/2 cup frozen chopped broccoli, thawed
- 1/4 cup 2% shredded 3-cheese mix
- 1/8 cup finely chopped pepperoni (optional)
- 1 can (7.5 oz.) refrigerated biscuits
- 1 egg, slightly beaten, with 1 tsp. water

HOW YOU MAKE IT

- Preheat oven to 450 degrees.
- Mix pizza sauce, broccoli, cheese and pepperoni, if using, in a medium bowl.
- Flatten each biscuit into a 3-inch round circle, and top half of each with a heaping tablespoon of the broccoli mixture. Fold empty side of biscuit over the mixture. Press the edges with a fork to seal.
- Place the pizza pockets on an ungreased baking sheet. Brush each pocket with some of the egg mixture, and poke a small hole in the top of each one. Bake for 10 minutes or until golden brown. Let cool briefly and serve with the rest of the pizza sauce.



2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

CHICKEN LITTLE CHICKEN FINGERS

WHAT YOU NEED

- 3/4 - 1 lb. package chicken tenderloins
- 2 whole eggs
- 1 Tbsp. water
- 1 cup baby cereal (rice, oatmeal or other whole grain)
- 1/4 cup wheat germ (optional)
- Cooking spray
- Pinch salt (optional)



HOW YOU MAKE IT

- Preheat oven to 350 degrees.
- Slice chicken tenderloins into 1-2 inch long strips and set to the side.
- Mix baby cereal with wheat germ and salt (if wanted).
- Beat two eggs with water and place in a shallow bowl.
- Dunk chicken in egg mixture and then roll chicken in cereal coating.
- Place chicken fingers on greased cookie sheet (lightly coated with cooking spray).
- Bake for 20 minutes.
- Serve right away or freeze in freezer bags to re-heat for later.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

NOODLE TREAT

CREAMY CHICKEN FLORENTINE

WHAT YOU NEED

- 1 Tbsp. extra virgin olive oil
- 2 boneless skinless chicken breasts, diced into 1 inch pieces
- 1/2 small onion, diced
- 2 cups low-sodium chicken broth*
- 1 cup whole milk
- 1/2 package frozen chopped spinach (drained and thawed)
- 1/2 cup small whole wheat pasta, like small shells
- 1/4 cup Parmesan cheese (optional)



HOW YOU MAKE IT

- Heat olive oil in large stock pot on medium-high heat.
- Add chicken to pot and sauté until fully cooked, for about 8 minutes.
- Remove chicken from pot and set to the side.
- In the same pot, sauté the onions until see-through, about 6-7 minutes.
- Add chicken back to pot, along with chicken broth, milk, spinach and pasta.
- Simmer for 8 more minutes, until pasta is tender.
- Add Parmesan cheese, if wanted.
- Once mixture has cooled, add to blender and puree to the consistency you want.

*May use homemade chicken broth, low sodium chicken stock from grocery store.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

JUST DESSERTS

PUDDING AND FRUIT PARFAIT

WHAT YOU NEED

- 1 16 ounce can peach slices or 1 can fruit cocktail
- 2 Tbsp. sugar
- 1 Tbsp. cornstarch
- 1/8 tsp. ground nutmeg
- Dash of salt
- 1 (4 serving) size pkg. instant vanilla or lemon pudding mix
- 1 cup milk
- 1 cup plain yogurt

HOW YOU MAKE IT

- Drain peaches or fruit cocktail, saving the syrup.
- Cut peach slices into bite-sized pieces.
- Mix sugar, cornstarch, nutmeg and salt in a saucepan. Slowly stir in saved fruit syrup.
- Cook, stirring the whole time, until mixture is thick and bubbly; cook 1 minute more.
- Stir in peaches or fruit cocktail; let cool.
- Make pudding mix as the package says but use the 1 cup milk and 1 cup yogurt instead of the milk called for. Let stand 10 minutes.
- In parfait glasses alternate layering pudding and fruit mixture, starting with pudding and ending with fruit. Chill until serving time. Makes 6 servings for the whole family.



2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

SOUTH OF THE BORDER, BABY

MEXICAN VEGGIE STEW

WHAT YOU NEED

- 1 Tbsp. extra virgin olive oil
- 1 small onion, diced
- 1/2 orange or yellow pepper, diced
- 4 cups vegetable stock*
- 1 Tbsp. mild chili powder or cumin
- 1 can low/no-salt black beans
- 1 cup fresh or frozen yellow corn (leave out if allergic)
- 1 can low/no-salt diced tomatoes
- 2/3 cups brown rice

HOW YOU MAKE IT

- Heat oil in large stock pot.
- Sauté onions and peppers in oil until softened (or onions are see-through).
- Add vegetable stock, chili powder, black beans, corn, tomatoes and rice and simmer on low heat for 40 minutes, or until rice is tender.
- Once cooled, blend until reaching the consistency you want, or serve as is.



*You can substitute with low-sodium stock.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

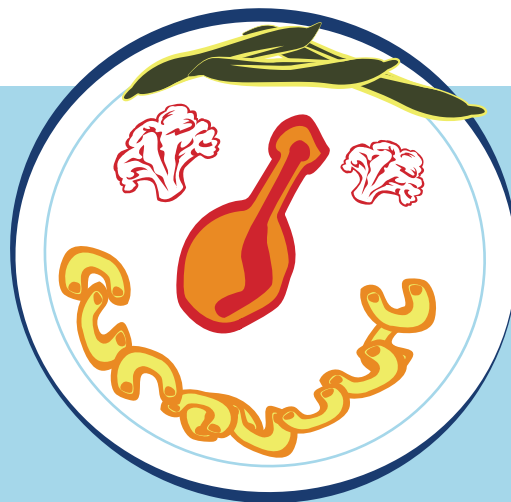
FUEL GAUGE 2 TO 3 YEARS

BYE BYE BOTTLE

Welcome to the terrible two's. They're not really terrible at all. They're more horrible. Well, maybe they're just a time of change. And that pretty much sums up their diet. Your two year old no longer needs a bottle. Milk and fruit juice sometimes will replace [formula](#) or breast milk. Low fat or nonfat dairy products should replace whole milk. Follow common food rules for your child's health by limiting saturated fat and added sugars.

GET CREATIVE

It's also a time when your child can tell you more clearly when he's hungry, when he's full and what foods he likes and dislikes. Placing food on a plate in the shape of a smiley face can go a long way in giving a child a fun and good outlook towards eating. Make it a habit when possible and sitting down to a regular dinner will be a real treat for a young child.



TIPS

- Two year olds don't eat a lot. Give just a little bit of food at each meal. Give baby more if he's still hungry.
- Don't get into fights over food.
- Don't force your child to eat.
- Don't bribe your child to eat with cookies or sweets.
- Stay with your child through mealtime.
- Turn off the TV and talk during dinner.

2

Recommended Daily Servings for Two Year Olds

FOOD	DAILY SERVINGS	SERVING SIZES
Bread, Cereal, Rice and Pasta	1	1/2 Slice or 1/4 Cup
Fruit	3	1/4 Cup Cooked; 1/2 Cup Raw
Vegetables	3	1/4 Cup Cooked; 1/2 Cup Raw
Milk, Yogurt and Cheese	5	1/2 Cup; 3/4 Ounce Cheese
Meat, Poultry, Fish and Dry Beans	2	1 Tablespoon; 1 Egg; 1/2 Cup Cooked Beans and Eggs

AMAZING BABY FACTS!

BABIES HAVE MORE BONES

When babies are born, they have 300 bones. Adults have 206. Bones join together as we grow to one day total 206.

2-3 YR.

1-2 YR.

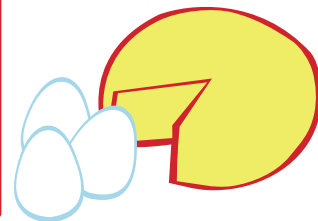
9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

THAT'S A WRAP! EGG & CHEESE TORTILLA



WHAT YOU NEED

- 1 flour tortilla
- Shredded cheese
- 1 egg
- Chopped cooked veggies (optional)

HOW YOU MAKE IT

- Warm the tortilla and scramble the egg in a frying pan.
- Spread out the scrambled egg and veggies on the tortilla and cover with shredded cheese.
- Wrap or roll up the tortilla and serve when cheese has melted.

2-3 YR.

1-2 YR.

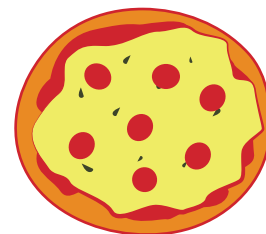
9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

MY ONE AND PEPPERONI HEALTHY PEPPERONI PIZZA



WHAT YOU NEED

- 1 pound pre-made whole-wheat pizza dough, thawed if frozen
- 1 cup canned unseasoned pumpkin puree
- 1/2 cup no-salt-added tomato sauce
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 ounces sliced turkey pepperoni (1/2 cup)
- Diced vegetables (optional)

HOW YOU MAKE IT

- Place oven rack in the lowest setting; preheat to 450°F.
- Coat a large baking sheet with cooking spray.
- Roll out dough on a lightly floured surface to the size of the baking sheet.
- Place dough on baking sheet.
- Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
- Whisk pumpkin puree and tomato sauce in a small bowl until mixed.
- Spread sauce evenly over the baked crust.
- Top with mozzarella, Parmesan, veggies and pepperoni.
- Bake until the crust is crispy on the edges and the cheeses have melted, 12 minutes.

2-3 YR.

1-2 YR.

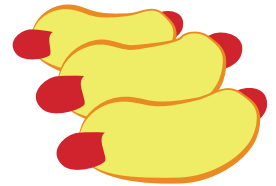
9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

A REAL HOT DOG! PUPS IN A BLANKET



WHAT YOU NEED

One pack of all-beef
or turkey all-natural
hot dogs

Puff pastry dough or
Ready-to-Bake
Crescent Rolls or Wraps

Assorted Veggies

Cheese

HOW YOU MAKE IT

- Preheat oven to 375 degrees.
- Let the dough sit out to defrost.
- In a skillet, cook the hot dogs until they brown and blister; may boil if using meat dogs.
- Wrap the dogs in a square of the dough and roll them up like a cigar with veggies and cheese.
- Cut into smaller pieces to a size right for your toddler.
- Bake the rolled dogs for 25 min. or until fluffy and golden brown. Serve with sweet potato fries or veggie sticks and dipping sauce.

2-3 YR.

1-2 YR.

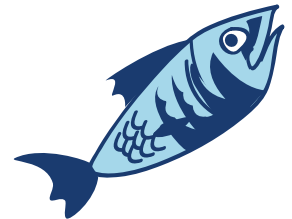
9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

HOT ON THE HOOK HEALTHY TUNA MELT



WHAT YOU NEED

5 ounces canned chunk light tuna, drained

2 Tbsp. low-fat mayonnaise

1 Tbsp. lemon juice

1 Tbsp. minced flat-leaf parsley

Dash of hot sauce

Freshly ground pepper, to taste

2 slices whole-wheat bread, toasted

1 tomato, sliced

1/4 cup shredded cheddar cheese

HOW YOU MAKE IT

- Preheat broiler.
- Mix tuna, mayonnaise, lemon juice, parsley, hot sauce and pepper in a medium bowl.
- Spread tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons cheese.
- Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

GOING APE BANANA BISCUITS



WHAT YOU NEED

3 large ripe bananas, mashed
1 stick of butter
1 cup sugar
1-1/2 cups self-rising flour
1/2 cup rolled oats
1/2 cup coconut (optional)

HOW YOU MAKE IT

- Preheat oven to 450°.
- Line baking tray with waxed paper and set to the side.
- Cream the butter and sugar with a mixer.
- Stir in the bananas and mix.
- Add the flour, oats and coconut and stir until well mixed.
- Place teaspoons of the mixture on baking tray. Leave room for each biscuit to spread.
- Place in oven, turning temperature down to 400°.
- Bake for 10 minutes.

2-3 YR.

1-2 YR.

9-12 MO.

6-9 MO.

4-6 MO.

0-4 MO.

FRITTERING IT ALL AWAY VEGGIE FRITTERS



WHAT YOU NEED

1/4 cup flour
1 egg
2 Tbsp. milk
1/4 cup grated cheese
1/4 cup chopped veggies (grated carrot, zucchini, potato, corn, peas, others)
Cooking oil

HOW YOU MAKE IT

- Beat flour, egg, milk until it makes a thick, smooth batter (add more milk if too thick).
- Add cheese and veggie to mixture and mix well.
- Heat oil in frying pan.
- Drop tablespoons of fritter mixture into pan.
- Flip fritters over when bubbles appear on top and bottom is golden.

FOOD NOTES-VEGGIES

VEGGIE	DATE FIRST TRIED	LIKED	DISLIKED	REACTION: <u>ALLERGY/DIGESTION</u>
Asparagus				
Beans (green)				
Beets				
Broccoli				
Brussels sprouts				
Cabbage				
Carrot				
Cauliflower				
Eggplant				
Okra				

Onion				
Parsnip				
Peas				
Peppers				
Potato				
Pumpkin				
Rutabaga				
Spinach				
Squash				
Sweet potato				
Tomato				
Turnip				

FOOD NOTES-FRUITS

FRUIT	DATE FIRST TRIED	LIKED	DISLIKED	REACTION: <u>ALLERGY/DIGESTION</u>
Apple				
Apricot				
Avocado				
Banana				
Blackberry				
Blueberry				
Cherry				
Coconut				
Cranberry				
Fig				
Grape				

Kiwi				
Lemon				
Mango				
Melon				
Nectarine				
Papaya				
Peach				
Pear				
Persimmon				
Plum				
Quince				
Strawberry				

DEFINITION OF TERMS

ALLERGY (FOOD)

A bad bodily reaction to an allergen introduced by eating, leading to itchy eyes, runny nose, wheezing, skin rash or diarrhea.

BLENDER

An electric grinding and mixing machine, with blades at the bottom that whirl to puree, chop, or mix foods.

CALORIES

A unit of measurement used to express the heat output of an organism and the fuel or energy value of food; the food able to make such an amount of energy.

CHOLESTEROL

A substance made by the liver and found in many foods, that is needed to make vitamin D and some hormones, build cell walls, and make bile salts that help you digest fat. Too much can be harmful to one's health.

CONSISTENCY

The thickness of foods.

DIGESTIVE TRACT

The route food takes to travel through the body that starts at the mouth, down to the throat, esophagus, stomach, intestines and then to the anus.

FOOD PROCESSOR

A kitchen machine used to speed up cooking tasks while making food.

FORMULA

A substitute for breast milk for feeding babies.

GLUTEN-FREE

A gluten-free diet is one in which you must not eat foods with gluten, a protein found in wheat, barley, rye, malts and triticale. It's used as a food additive in the form of a flavoring, stabilizing or thickening agent.

GRAINS

Food made from the starchy grains of cereal grasses.

LACTATION CONSULTANT:

A health pro who offers breastfeeding aid and training.

LACTOSE

A part of milk. Also known as "milk sugar."

NOURISHMENT

Food or something that nourishes, takes care of hunger or gives comfort.

NUTRIENT

Something that gives nourishment for growth or metabolism.

NUTRITION

The process of getting the food needed for health and growth.

NUTRITIONIST

An expert trained in the science of nutrition.

OBESE

Grossly fat or overweight.

PEDIATRICIAN

A physician who practices in the health and well-being of children.

PROTEIN

A nutrient that builds up, keeps and replaces the tissues in your body. Found in beef, chicken, fish, eggs, dairy products, nuts, seeds, black beans and lentils.

PUREE

A smooth thick pulp of cooked fruit, vegetables, meat, or fish; to process through a strainer or mix in a blender.

ROOTING

A reflex in which a baby turns its head toward you, looking for food, when you stroke its cheek. Very useful when first learning to breastfeed your baby, this reflex is gone by about four months.

SAUTÉ

To fry lightly in fat in a shallow open pan.

SOLID FOOD

Any solid substance (as opposed to liquid) used as a source of nourishment.

STARCHES

Naturally plentiful nutrient carbohydrate found mainly in the seeds, fruits, tubers, roots, and stem pith of plants, notably in corn, potatoes, wheat and rice.

STOCK POT

A deep round metal pot for cooking.

TEXTURE

How food feels in the mouth: hard, soft, crunchy, smooth, etc.

RESOURCES

About.com: Home Cooking
homecooking.about.com

Allergy Kids Foundation
allergykids.com

American Academy of Pediatrics
aap.org

Babycenter
babycenter.com

Breastfeeding.com
breastfeeding.com

Cooking Conversions
convert-me.com/en/convert/cooking

Cooking with Kids
cookingwithkids.net

La Leche League: Introducing Solids
breastfeedingtoday-llli.org/first-foods-starting-solids/

Momtastic's Wholesome Baby Food
wholesomebabyfood.momtastic.com

Natural Family Living
mothering.com

USDA National Nutrient Database
ndb.nal.usda.gov

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