

# Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



- Opened jars may be stored covered in the refrigerator for 2-3 days. Remove food from the jar and serve in a dish. Throw away any food left in the dish. Saliva can cause leftovers to spoil quickly.



## Choosing Baby Foods

- Feed breast milk or formula until your baby is 1 year old. Continue iron-fortified infant cereal and add farina, wheat, or high protein cereal after 6 months.
- When your baby is ready for solids, begin with prepared strained foods in jars or foods that can be easily chopped or mashed. If food is home prepared, add water, breast milk, or formula so texture is similar to strained baby foods. Home prepared foods are just as nutritious and cost less.
- If the baby food lid does not pop up when opened, return it to the store.

**READ LABELS:** Check expiration dates. **DO NOT** buy food if date has passed. Read ingredients (listed in the order of amounts).

## Compare Cost and Nutrition

Purchase plain strained meats, fruits, and vegetables. **DO NOT** add sugar, salt, or other seasonings to baby foods.

Check Nutrition Fact labels on purchased baby foods and select those foods whose main ingredients are plain meats, fruits, or vegetables.



**Suggested Readings:**

Gerber (1994). *Dietary guidelines for infants*. Freemont, MI: Author.

Gerber (1994). *Feeding your baby*. Freemont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

**Reference List:**

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Beauchamp, G.K. and Finberg, L. (1994). Babies need sodium in moderation. *Pediatric Basics*, 69, 22-24.

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.

Laver, R.M. (1994). Babies need fat. *Pediatric Basics*, 69, 14-15.

Lonnerdal, B. (1994). Choose foods with iron, zinc and calcium. *Pediatric Basics*, 69, 25-29.



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