

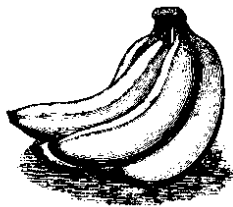
Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Starting Fruits

At 5-7 months, your baby is ready for fruits. Start with soft mashed apricots (canned or baby food), peaches or pears, canned applesauce (no sugar), or mashed ripe banana. Apricots and peaches are high in vitamin A. Feed high vitamin A foods at least three times each week. **DO NOT ADD SUGAR TO FRUIT.**



How?

- Introduce no more than two fruits per week. Begin with bland flavored fruits. Start with 1 teaspoonful or less and gradually increase the amount until your baby is taking 2-3 tablespoons.
- Buy only plain baby fruits. Some baby fruits may have sugar added.
- DO NOT use fruit desserts or mixtures like "dutch apple."

- Babies enjoy an OCCASIONAL dessert. Keep them simple: strained fruits, custard, tapioca, plain pudding, or gelatin.

READ LABELS: Compare Cost and Nutrition

Check the Nutrition Facts Label and choose foods prepared without added salt, sugar, modified starch, artificial flavors, colors, or preservatives. Look for plain fruits, and avoid foods that have "dessert" in their names.

Juices

Begin with apple or grape juice. DO NOT give orange or tomato juice until 12 months. Strain frozen, fresh, or canned juices. Start with a diluted form of fruit juice. Use 1 tablespoon of water and add more juice until baby gets 4 ounces of pure juice. Cans of baby juices have vitamin C added and DO NOT need to be diluted. But they are more expensive.

DO NOT add sugar to juices. DO NOT use fruit flavored drinks or sodas. Read labels to make sure you choose pure fruit juice.



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:

Baker, S.S. (1994). Introduce fruits, vegetables and grains, but don't overdo high-fiber foods. *Pediatric Basics*, 69, 16-18.

Glinsmann, W.H. and Beauchamp, G.K. (1994). Babies need sugars in moderation. *Pediatric Basics*, 69, 19-21.

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



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