

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University

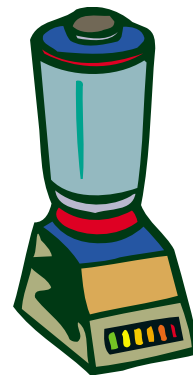


Chopped Meat

Beef, veal, fish, liver, pork, chicken, lamb, and turkey are sources of protein. Trim off all fat and broil, roast, or simmer in water. Puree in a blender or put through a grinder. Start with 1 teaspoonful or less and gradually increase. Cooked meats will keep 3 days in the refrigerator.

Starting Protein Foods

At 7-10 months, your baby is ready for protein foods such as egg yolk, pureed beans, and chopped meat. These foods are needed for healthy growth and to fight infection. They also contain iron, which is needed for healthy blood. Fat back, bacon, salt pork, broth, and gravy are NOT good sources of protein.



Eggs

Start with 1/4 teaspoon egg yolk and gradually increase to one egg. Moisten with breast milk or formula, if necessary. DO NOT use egg whites before 9 months. Many babies are allergic to egg whites.

Pureed Beans

Beans are cheap and may be used in place of meat or eggs. Wash beans, soak overnight, and cook. When tender, put beans and liquid through a strainer to remove skins.

Start with 1/2 teaspoonful and gradually increase to 1 to 2 tablespoons. DO NOT add soda, chili, lard, or other fat.

READ LABELS: Compare Cost and Nutrition

When introducing meats DO NOT use vegetable-meat dinners or toddler meals. They DO NOT contain much meat. Choose foods that list plain meat as the main ingredient.

Choose products prepared without added salt, sugar, modified starch, artificial flavors, colors, or preservatives.

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:

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.

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



OKLAHOMA STATE UNIVERSITY
Bringing the University to You

***For more information, contact your OSU
County Extension Center:***



Prepared by: Donna-Jean Hunt, M.S., R.D./L.D.,
EFNEP Nutritionist
Emily Joyce, M.S., R.D./L.D.,
CNEP Nutritionist
Glenna S. Williams, PhD
EFNEP State Coordinator

Reviewed by: Susan Bullard, M.D., FAAP
Formatted by: Beth Ann Fulgenzi

*This material is based upon work supported by the
Extension Service, U.S. Department of Agriculture,
under special project number 93-ENED-1-7513.*

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Sam E. Curl, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Dean of the Division of Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of \$148.98 for 1,500 copies. 0301 UB.