

## **SUGGESTIONS FOR FEEDING INFANTS AND YOUNG TODDLERS:**

FEEDING YOUR INFANT OR TODDLER SHOULD BE A FUN, CALM, AND POSITIVE TIME. BE PREPARED FOR MESSSES. IT IS A GOOD IDEA TO START WITH BLAND FOODS AND ADD SEASONINGS, SAUCES, GRATED CHEESE, MAPLE SYRUP, GRAVIES, AND CONDIMENTS AS NEEDED TO ADD VARIETY. YOU SHOULD GEAR THE FOOD ITEMS TO THE CHEWING AND SWALLOWING CAPABILITIES OF YOUR CHILD, MONITORING FOR REACTIONS TO FOODS, SUCH AS SKIN RASHES OR DIGESTIVE PROBLEMS.

FOOD ITEMS SUCH AS WHOLE GRAPES, SLICED HOT DOGS, SPOONFULS OF PEANUT BUTTER, HARD CANDY, ORANGE SEGMENTS, AND NUTS ARE CHOKING HAZARDS TO CHILDREN UNDER THE AGE OF 2 YEARS, OR THOSE WHO HAVE ANY DIFFICULTIES CHEWING OR SWALLOWING. DIFFERENT TEXTURES AND TASTES APPEAL TO DIFFERENT CHILDREN. WHAT YOUR INFANT OR TODDLER DOESN'T LIKE TODAY, MAY BECOME A FAVORITE FOOD TOMORROW, SO KEEP INTRODUCING FOODS TO YOUR CHILD, BY CHANGING THE PRESENTATION OR LETTING THEM TASTE IT OFF YOUR PLATE (FOOD ALWAYS TASTES BETTER THAT WAY!) JUST BECAUSE MOM AND DAD DON'T LIKE SPINACH, DOESN'T MEAN YOUR BABY WON'T.

IT IS A GOOD IDEA TO CONSULT YOUR CHILD'S HEALTH PRACTITIONER BEFORE INTRODUCING DAIRY PRODUCTS, EGGS, PEANUT BUTTER AND TOMATO BASED SAUCES (BECAUSE OF ALLERGIES).

### **FOOD SUGGESTIONS**

- PANCAKES, WAFFLES, FRENCH TOAST, PLAIN (LATER ADDING CINNAMON OR MAPLE SYRUP, IF NECESSARY)
- CREAM OF WHEAT, OATMEAL, WHEATENA, MAYPO (LATER ADDING APPLESAUCE OR CINNAMON FOR FLAVOR)
- TOFU, PLAIN, FRIED, OR STIR-FRIED WITH SOME VEGETABLES OR RICE
- SMALL PIECES OF COOKED VEGETABLES, STEAMED PLAIN (ADDING GRAVY, CHEESE SAUCE, CREAM SAUCE, OR STIR-FRY WHEN IT'S TIME FOR A CHANGE)
- TOAST, NO BUTTER AT FIRST (IT GETS SOGGY AND BECOMES A CHOKING HAZARD)
- RICE CRACKERS, BAGELS, CRACKERS, ENGLISH MUFFINS, PITA BREAD
- POTATO, DICED OR MASHED (CAN BE MASHED WITH GRATED CHEESE)
- CHEESE, GRATED OR IN SMALL PIECES
- YOGURT (START WITH PLAIN, THE FRUIT FLAVORS HAVE A LOT OF SUGAR IN THEM)
- COTTAGE CHEESE (DAIRY PRODUCTS SHOULD BE USED IN MODERATION WITH YOUNG BABIES)
- SMALL PIECES OF RIPE OR CANNED FRUIT (UNSWEETENED)
- SOUP; HOMEMADE IS BEST BECAUSE CANNED SOUP HAS A LOT OF SALT. MEATS IN SOUPS CAN BE VERY TOUGH, SO EITHER REMOVE PIECES OF MEAT, OR STICK WITH VEGETABLE SOUP, UNTIL CHILD DEVELOPS BETTER CHEWING AND SWALLOWING CAPABILITIES
- "LEFTOVER SOUP"; USE SOME BROTH AS A BASE AND PUT IN LEFTOVER VEGETABLES, POTATOES, PASTA, ETC.
- BEANS: AN EXCELLENT SOURCE OF PROTEIN-BAKED BEANS, LENTILS, CHICKPEAS
- EGGS: THERE ARE MANY WAYS TO PREPARE EGGS FOR YOUNG TODDLERS, SUCH AS BOILED, SCRAMBLED, OMELETS (YOU CAN ADD SMALL SLICES OF CHEESE, HAM, OR VEGETABLES). EGG WHITES SHOULD BE INTRODUCED CAREFULLY, SINCE CHILDREN ARE COMMONLY ALLERGIC TO THIS FOOD
- FRITATA: EGG AND DICED OR PUREED VEGETABLES COOKED UP TOGETHER IN A HOT SKILLET, WHEN FIRM, FLIP LIKE A PANCAKE AND COOK BRIEFLY ON THE OTHER SIDE
- DRY CEREAL, SUCH AS CHEERIOS OR CHEX, ARE LOW IN SUGAR AND ARE AN EASY FINGER GRASPING SNACK FOOD
- SWEET BREADS, CARROT CAKE, BANANA BREAD, APPLESAUCE CAKE, ETC.