

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Starting Vegetables

At 5-7 months, your baby is ready for vegetables such as:

- Soft mashed carrots*
- Yellow squash*
- Green beans and green peas
- Spinach*
- Potatoes and sweet potatoes*
- AVOID CORN

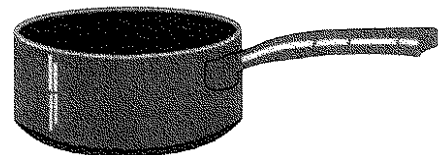
*High in vitamin A. Use high vitamin A foods at least three times each week.

Vegetables or fruits may be given at this time. However, it is good to start with vegetables. Introducing vegetables may be easier if baby is not used to the sweet taste of fruits first.

How?

- Begin with bland, mild, fresh, canned, or frozen vegetables. Purchase the proper consistency for your baby.
- Introduce only one at a time and no more than two vegetables per week. Start with 1 teaspoonful and gradually increase the amount. Watch your baby for allergic reactions.

- Cook fresh vegetables in unsalted water until tender. Mash or strain thoroughly with a fork, potato masher, or blender.



- Bake potato or boil in jacket until tender. Remove skin and mash.
- Purchase plain strained or junior vegetables for foods not easily chopped or mashed.
- Plain vegetables are more nutritious. For variety, mix two vegetables.

READ LABELS: Compare Cost and Nutrition

DO NOT buy mixtures such as garden vegetables or vegetable meat dinners. They usually contain large amounts of starch and water.

Check the Nutrition Facts label and choose foods 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.

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



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***For more information, contact your OSU
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