

# Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University

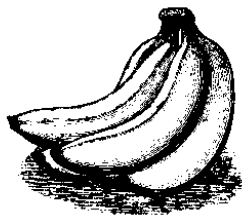


## Weaning: Part 3

Every day offer foods in each food group of the Daily Food Guide Pyramid.

### Nutritious Snacks

- Pieces of fruit (without seeds)
- Cooked vegetables
- Pieces of cooked meat
- Pieces of cheese
- Fruit juices
- Graham crackers
- Dry toast - cut in strips
- Tortillas, zwieback



Other protein foods may be added:

- Smooth peanut butter spread very thinly
- Ground meats, meat spreads
- Canned meats and fish

### STOP! DO NOT give these foods.

They may cause choking or are unhealthy.

- Nuts, all kinds
- Berries, olives
- Popcorn, raisins
- Corn
- Raw vegetables
- Potato chips, corn chips, pretzels
- Foods with seeds
- Alcoholic beverages
- Soda pop or sweetened drinks\*
- Pastries, cake, cookies, ice cream\*
- Candy, especially small hard candies\*
- Jellies, jams\*
- Hot dogs (even cut up)
- Bacon rind
- Dry cereals (with coarse texture)

\*Excess sugar is not recommended.



**Suggested Readings:**

- Gerber (1994). *Dietary guidelines for infants*. Freemont, MI: Author.
- Gerber (1994). *Feeding your baby*. Freemont, MI: Author.
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- 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.
- Glinsman, W.H. and Beauchamp, G.K. (1994). Babies need sugar 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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