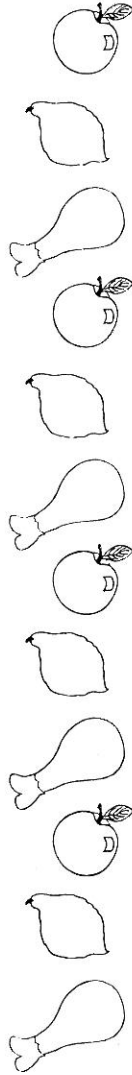




MAKING YOUR OWN BABY FOOD



You will need:

- Food processor, blender,  foodmill, sieve  or fork.
- To make small amounts at a meal, attach a small 8 oz. preserving jar to your blender, instead of the large blender top, or simply fork mash the food.
- Ice cube trays.
- Freezer bags.

Guidelines:

- Cleanliness is important when making baby food.
- Do not add salt, sweeteners (honey, syrups, molasses, sugar), fat (no fried foods) or strong spices when making baby food.
- Refrigerate or freeze food that is not served immediately. Freeze baby food in ice cube trays. Transfer the cubes to plastic freezer bags when frozen and date the package.
- If stored in a fridge freezer, use the food within 2 months.
- If stored in a deep freezer, use within 6 months.
- Thaw frozen baby food either in the fridge or in a saucepan of hot water. Do not leave baby food on the counter to thaw.
- Never refreeze a food that has been thawed; it will keep 2-3 days in the fridge.
- Mix thawed baby food before serving. Serve it either cool or warm.
- Throw out leftover food after baby is finished eating.

For more information about this Factsheet, call the Peterborough County-City Health Unit,
Nutrition Promotion Program at 743-1000.

Questions on healthy eating? Speak to a Registered Dietitian at EatRight Ontario
1-877-510-5102 www.Ontario.ca/EatRight.



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MAKING FRUIT

WHAT TO CHOOSE:

Use fresh, frozen, dried or canned fruit (without added sugar).

- Suggestions are: nectarines, peaches, apples, pears, bananas, plums and prunes.
- Pineapple, strawberries, and raspberries have too much fibre and seeds for baby food.

HOW TO PREPARE:

Applesauce can be served as is and bananas need only be mashed.

- Canned or frozen fruit: Drain off juice. Either blend briefly, pass through sieve or mash.
- Dried and fresh fruit: Cook briefly to soften it a bit; steam or simmer in a small amount of apple juice to prevent the fruit from turning brown. Either blend briefly, pass through sieve or mash.

MAKING VEGETABLES

WHAT TO CHOOSE:

- Use fresh or frozen vegetables. Suggestions: begin with squash, green or yellow beans, sweet potato, carrots, peas.

HOW TO PREPARE:

- Wash, peel if necessary and cook in steam or microwave. Either pass through sieve, blend, or mash.
- Add a small amount of fresh water if needed.

MAKING MEAT & ALTERNATIVES

WHAT TO CHOOSE:

Choose lean meats, poultry and fish that have been baked, braised, boiled or roasted. Avoid cured meats such as ham, hot dogs or bacon.

Suggestions are: chicken, beef, turkey, pork, fish, lamb, veal or meat alternatives (such as kidney beans, chick peas, lentils, tofu and egg).

HOW TO PREPARE:

- Cooked meat, poultry and fish: Blend with a small amount of fresh water.
- Cooked kidney beans, chick peas and lentils: Follow the instructions given for vegetables.
- Cooked egg and tofu: Mash with a little water until the desired texture is reached.