

## Going Dad™s Top Ten Pinterest Picks (4): Homemade Baby Food

### Description

We™re almost there; Avery is approaching 6 months and we™ll attempt to start feeding her food other than breast milk!

I™ve read a few signs to look for to know your baby is ready is for them to sit up on their own and that they lose their reflex to push out with their tongue. Right now, Avery does not sit up on her own and I™m pretty sure that tongue reflex is how she rejects the bottle every day. But we™ll start slow and take it from there.

She still has 12 days before she™s officially 6 months anyway, so maybe an intense core workout will build up her strength to sit on her own. Bad idea?

Well, what™s not a bad idea is making your own baby food. Those little jars of pureed grain and produce can and do add up fast, so it only makes sense to make your own. It™s healthier, puts you in control, and saves money!

Here™s my top 10 list of recipes, tip, tricks, and helpful tools to have you on your way to making a nutritious puree!

1. This is a long one but a good one!

# HEALTHY FOODS THAT BABIES LIKE MOST



It's a big moment for any parent when your baby starts eating solid food. The American Academy of Paediatrics says that transition shouldn't happen until your baby is six months old.

## 10 BEST FOODS FOR BABIES

- 1 Squash:** Good Source of Vitamins A & C.
- 2 Lentils:** Full of proteins, fibre and a powerful nutritional punch.
- 3 Dark green leafy vegetables:** It has high amount of iron and folate. Spinach is the best known of this group.
- 4 Broccoli:** Fill with folate, fibre, it also has cancer-fighting properties.
- 5 Blueberries:** Good for baby's eyes, brain, and even urinary tract.
- 6 Avocados:** It's a rich source of unsaturated fats.
- 7 Meat:** Many of us don't think of meat as a typical baby food, Meat is a great source of Zinc and Iron.
- 8 Prunes:** It has lots of fibre and can help relieve constipation which your baby may experience after you introduce solid foods.
- 9 Garbanzo beans:** They are rich in protein and fibre.
- 10 Mandarin oranges:** They are high in vitamin C and antioxidants. Babies really love the flavor.

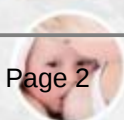


## FOODS TO AVOID FOR BABIES

- 1** Whole or chopped nuts or seeds.
- 2** Low Fat foods.
- 3** High fibre foods eg : added bran.
- 4** Raw or under-cooked eggs.
- 5** Salty foods.
- 6** Fizzy drinks.
- 7** Tea, coffee or flavoured milks.
- 8** Foods meant for adults, like gravy or sauces.
- 9** Unnecessary sugar
- 10** Liver, if your baby is taking supplements containing vitamin A.



## Baby's Food Progression



**Initial Food:** Breast milk is the natural perfect food for any baby around the world.

2. Gotta have the tools!



3. If you don't know it already, homemade costs less and is healthier!



4. If I had a printer, this would be printed.



5. This is great for any left over breast milk bags. They also make bags like the little fruit squeeze pouches that cost an arm and a leg, but they are reusable for your homemade food. [Here's the link.](#)



6. Yes, Iâ€™m getting this!



7. Good to know a schedule of what to start with.



8. Another good info source.



9. Make that Crock-Pot work!!



10. More tips and ideas. Can't have enough of these!



Do you make or plan on making your own baby food?

**Any stories (good, bad, funny, etc.) youâ€™d like to share? Iâ€™d love to hear them!**

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