

Introducing New Foods

During the first year of life, infants will get most of their calories, proteins, vitamins and minerals from breast milk or formula.

When introducing foods, expose kids to healthy foods early because they will learn to love these flavors and likely continue healthy habits later in life.

4-6 Months:

Iron stores begin to diminish at this age. Therefore, babies should begin to eat foods that contain iron. Start with either iron-fortified infant cereals, such as rice or barley, or pureed meats that contain iron.

6-8 Months:

Now is a good time to start introducing pureed fruits

and vegetables at a meal with cereal. However, it is important to wait at least 3 days between introducing each new fruit or vegetable to watch out for allergic reactions.

8-10 Months:

Introduce finger foods, such as low sugar cereal, well-cooked pasta spirals cut into pieces, or very small chunks of soft cheese.

10-12 Months:

Babies have more teeth and are trying to use a spoon. Introduce soft or cooked table foods, such as

7 Healthy Baby Foods

1. **Squash** has vitamins A and C and is naturally sweet!
2. **Garbanzo beans** are

high in fiber and protein. Hummus is a great snack!

3. **Leafy Green Vegetables**, such as spinach are high in iron and folate.
4. **Blueberries** contain antioxidants that promote eye and brain health.
5. **Avocados** contain healthy fats that promote brain development.
6. **Prunes** are high in fiber which helps prevent constipation that may be common when babies start solids.
7. **Mandarin Oranges** are high in Vitamin C and a great finger food!

RECIPE OF THE MONTH



Real Hummus

Ingredients:

- 1 garlic clove
- 1 (19 ounce) can garbanzo beans, half the liquid reserved
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic, chopped
- 1 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil

Directions:

In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed. Sprinkle with pepper and pour olive oil over the top.

Nutrition Facts:

- Servings: 20
 - Calories: 54 kcal
 - Fat: 2.5 grams
 - Carbohydrates: 6.8 grams
 - Fiber: 1.3 grams
 - Protein: 1.6 grams
- Adapted from allrecipes.com

The Critical First Year

Around your child's 1st birthday, his or her intestinal tract and immune system will mature and you can begin to introduce protein foods, such as cow's milk and egg whites.

- **Drink Milk:** The American Academy of Pediatrics recommends kids who are 12-24 months old drink whole milk that helps supply dietary fat needed for growth and brain development. However, kids who are at risk for being overweight or obese should transition to reduced fat milk between ages 1 and 2.
- **Train Their Palates:** Focus on choosing vegetables, fruits, whole grains, lean meats and dairy products for your kids. Children's stomachs can fill up very quickly, so avoid giving kids sweet drinks, snack foods and desserts. Leave room for nutrient—dense foods that they will grow to love!
- **Hunger and Satiety Cues:** Pay attention to your child's eating cues and don't over-feed them when they are showing signs of fullness. Your child will learn how to regulate themselves and recognize their body's signs of hunger and satiety.

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers

Be part of a Nutrition Counseling research study!

- Is your weight more than expected for your height and age?
- Are you between 9-17 years of age?
- Do you want to lose weight and learn how to eat healthier?

Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Our Nutritionists

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