



### **Homemade Baby Food Facts**

One of the most frequently asked questions is when to start feeding solids to your growing baby. Along the way, continuous interaction with your baby's doctor will help guide you through this very important process. There are some signs to look for, however, in determining whether your baby is ready to start solid foods. Some of which include:

- Birth weight has doubled
- Controlled movements with head and neck
- Can sit up with support
- Shows interest in your food, through gestures and/or sounds, when you eat
- Drinking at least 32-40 ounces of formula per 24 hours and still wants more
- Breast feeding at least 8-10 times per 24 hours, empties both breasts at each feeding and still wants more...

These and other signals will help indicate if your baby can or should begin solid foods.

There are basically two choices when looking at serving solid foods to your baby; store bought, jarred food or homemade. Before your baby was even born you-like many parents-may have tossed around the idea of making your own food. But you thought it would be too time consuming or too difficult. With all the new kitchen gadgets out today, preparing and cooking food, even baby food, is easier than ever.

### **Shopping**

By shopping for your own ingredients, you're assured of using only the best quality grains, produce and meat to create great tasting and healthy meals without additives. You also have the choice of purchasing fresh, organic meat and produce, keeping a mindful eye on all that you put in your baby's stomach. Cultural tastes can also be incorporated at an earlier age, by adding herbs and spices (approved first by your pediatrician).

### **Cooking**

By making your own baby food, you also have control over how your food is processed once you bring it home. Using any of the preferred cooking methods like steaming, boiling, pressure cooking or baking (yes, even microwaving if preferred or necessary) you can retain more of the food's nutrients that your growing baby needs.

All in all, by keeping a few key points in mind, your baby's journey to healthful eating can begin right now.