

Stage 2: LEARNING TO EAT MASHED FOODS



Signs your baby is ready to EAT MASHED FOODS:

- They have already learned to eat smooth foods. (*Stage 1*)
- They can eat well from a spoon and swallow the smooth food that you feed them.
- They might have more interest in exploring their food by playing with it.

Only offer mashed foods if you can check ALL the boxes above!



READY FOR MASHED FOODS?

At this stage, your baby is still getting most of their nutrition from human milk or formula.

IN ADDITION, YOU CAN OFFER:

» **Infant cereals**, mixed with human milk or infant formula. These can be thicker now.

» Protein foods

Examples: pureed meats (chicken, beef, lamb), pureed beans, mashed tofu or mashed scrambled eggs.

✦ Only serve your baby cooked eggs. Eggs that are not cooked all the way through or raw eggs can make babies sick.

» Fruits

Examples: mashed banana, applesauce, pears, peaches, prunes, apricots, blueberry, or mango.

» Vegetables

Examples: mashed cooked carrots, squash, sweet potato, peas, green beans, or avocado.

» Unsweetened whole fat yogurts.

*You can mix yogurt with mashed fruits.

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INTRODUCING NEW FOODS

Remember to introduce new foods 1 at a time. Wait 3-5 days before introducing another new food to check for allergies or sensitivities. *Be sure to discuss any concerns you have with your baby's health care provider.*

LET'S GET STARTED!

- 1 It is helpful to use a small rubber spoon, a bib, a highchair or somewhere they can safely sit upright, and a bowl or two to hold the food.
- 2 Some feedings will probably go better than others. Remember, your baby is learning a new skill.
- 3 If they don't want a certain food, try it again at another feeding. Your baby may need to try some foods many times before accepting them.
- 4 This is a good time to try introducing a cup with a small amount of water.



WHAT TO EXPECT:

- *Your baby's food will be thicker now. It should be **well-mashed with a fork**. It can have some tiny lumps.
- *Your baby will be eating more variety. It will still be a **very messy** affair.
- *Your baby may **use their hands** to explore their food. This is normal.



LESSON: FEEDING YOUR INFANT SOLID FOODS

Take this lesson to learn to safely introduce each stage of solid foods:

STAGE 1: Smooth foods

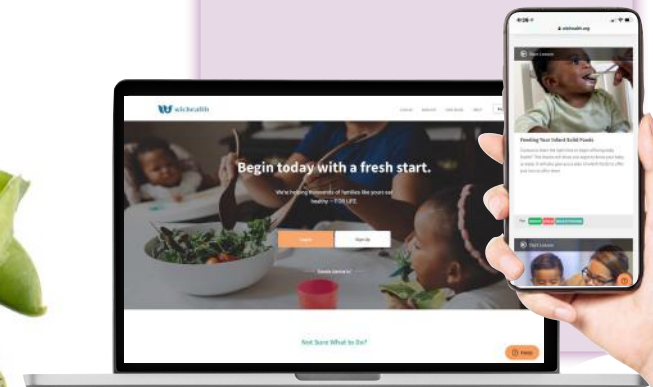
STAGE 2: Mashed foods

STAGE 3: Chopped foods

STAGE 4: Tiny pieces of food

To Get Started:

- Visit **wichealth.org**
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Feeding Your 6 To 24-Month-Old**
- Choose the lesson: **Feeding Your Infant Solid Foods**



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