SHOULD THE BABY EAT PREPARED BABY FOOD OR TABLE FOODS?

Dear Homemaker,

After you get your doctor's recommendation of what your baby needs, compare prices of prepared baby food with the same type of food cooked at home.

Prepared baby foods are easy and safe to use. A large selection of foods can be provided by prepared baby foods. The comparison of prices for beef and carrots, shown on the back of this letter, shows that prepared foods may be more expensive.

Table foods may be the wrong texture, too spicy or too greasy for baby. The first foods should be very smooth and liquid. You can use a blender, a strainer or a fork to prepare baby's food from table foods that have been cooked with very little seasoning. This will make the food have a smooth texture that the baby will eat.

Decide which is the best choice for your baby and for you. A combination of both foods may be best for your baby.

Sincerely,

Name and Title

The Texas A&M University System and U.S. Department of Agriculture Cooperating
Provide Baby Food

HOME PREPARED

Strainer

or

Blender

READY TO USE

Compare Prices:

Strained or Blended Carrots

Strained or Blended Meat

Ready to Use Carrots

Ready to Use Meat

The choice is up to you!

Whatever type you choose for your baby, store in the refrigerator no longer than two days.

Prepared by Mary K. Sweeten, Extension foods and nutrition specialist, The Texas A&M University System. Appreciation is extended to Frances Reasonover, Sally Coble and Marilyn Haggard, Extension foods and nutrition specialists, for their assistance in preparing this publication.

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