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## **The 6 Key Points to Preparing Your Own Baby Food**

**By Nancy Miller**

### **The 6 Key Points to Preparing Your Own Baby Food by Nancy Miller**

Congratulations on taking the decision to prepare your own food for your baby! By doing so, you're treating him to two of life's greatest gifts — good health and delicious food.

Before you get started, here are some important points to keep in mind...

#### **ONE AT A TIME**

Introduce new foods to your baby's diet one at a time. Allow at least five days between each new food. This will give you time to spot any allergic reactions. Introduce them at breakfast or lunch to reduce the risk of any allergic symptoms developing during the night. Be sure to only give your baby foods that are appropriate for his/her age.

#### **TAKE IT IN STEPS**

Make the progression from thin liquid purées to more solid, chunkier meals slowly, making sure that your baby is able to cope comfortably with the new texture every step of the way.

#### **KEEP IT WHOLESOME**

Add no salt, little or no sugar and little or no fat to your baby's food. Let's leave the unwanted additives to the baby food manufacturers. Even if, to you, the food seems to lack something, your baby won't mind (it's still much tastier than anything that comes in a jar).

#### **DON'T FORCE YOUR BABY TO EAT IF HE/SHE DOESN'T WANT TO**

We all have a tendency to over-react if our little bundle of

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joy doesn't want his supper. But, remember, we all have times when we just don't feel hungry — it's just that your baby has no way of telling you this. Give him/her the amount he/she wants, no more and no less. Don't worry, he/she will make up for it next time.

### **DON'T FORGET THE BASICS**

Always test the temperature of the food before you serve it. Keep in mind that your baby's mouth is more sensitive than yours. Be sure to pay attention to good hygiene practices when preparing your baby's food.

### **NEVER BEFORE 4 MONTHS**

You may find that your friends and family — with the best of intentions — will tell you to begin adding cereals to the bottle when your baby is just a few weeks old. The story goes that this will help him/her sleep better at night.

Please ignore this advice — it is a myth. Your baby's body isn't ready to cope with any solid foods yet.

Do NOT give your baby ANY solid foods before he/she reaches four months of age. Most babies begin the transition somewhere between five and seven months (no later than eight months is recommended).

Finally, always keep in mind that every baby is unique. While there are some rules that are true for every child, feeding your baby is largely a process of 'learning on the job'.

After all, it's your baby who'll let you know when he/she is ready to try out new foods and it's your baby who'll tell you what he/she likes or doesn't like.

Use good old common sense. Follow the guidelines, but don't be ruled by them.

Have Fun!

Nancy.

Nancy Miller is author of 'How to Make Your Own Healthy Baby Food' and a full-time working mom. Visit Nancy's website at <http://www.healthy-baby-food.com>

## **Five Reasons For Preparing Your Own Baby Food**

**By Nancy Miller**

## The 6 Key Points to Preparing Your Own Baby Food

Here are 5 good reasons to start preparing your own baby food, as opposed to buying it in the store.

**IT'S HEALTHIER AND MORE NUTRITIOUS** Commercial baby foods contain additional fat, salt, sugar, fillers or other ingredients that are completely unnecessary (and often inappropriate) to your baby's diet. These additives are an attempt to add flavor, texture and bulk to poor-quality products. They contribute nothing at all to your baby's health or well-being. By preparing the food yourself, you can be sure that your baby is getting exactly what his/her little body needs – and nothing that it doesn't.

**YOU'RE IN CONTROL** By preparing your baby's food yourself, you know exactly what your baby is eating. When you prepare an apple sauce, you know he/she is getting fresh, pure apple and all the goodness it contains. However, when you buy apple-sauce at the store, you'd almost need a degree in nutrition just to decipher the list of ingredients.

**IT'S EASY** Once you get started cooking for your baby, you'll quickly realize just how easy it is. All you need is a food blender and some fresh ingredients to quickly prepare healthy, tasty, home-made meals for your little one. Furthermore, by making large amounts of his/her favorite meals in advance, and then freezing them for later, you'll be able to serve up delicious, healthy meals in minutes -- every day of the week.

**IT'S MUCH CHEAPER** The prices that baby food manufacturers charge for their products is nothing short of scandalous and are in no way justifiable. The reason they can charge so much is because they've conditioned most parents to believe that they have no choice but to buy from them. By preparing your baby's food yourself, you can avoid being a victim of this daylight robbery, and find yourself with extra cash to spend on all those other things that a growing baby needs.

**IT'S VERY GRATIFYING** Watching your baby enjoy the meal you've just prepared for him/her is already a very gratifying experience. On top of that, however, you have the satisfaction and pride of knowing that you're giving your child the gift of a healthy and nutritious diet – and saving yourself money as well.

And finally...

If all that weren't enough, here's another great reason to do it yourself: home-made baby food is much tastier than any commercial product. Delicious food is one of life's great pleasures and your baby deserves to enjoy the rich flavor and texture of real home cooking just as much as you or I. After all, none of us would enjoy eating 'TV Dinners' morning, noon and night – and that goes for your baby too!

So, don't put it off. Get started today. Your baby will thank you for it in more ways than one.

Nancy.

Nancy Miller is author of 'How to Make Your Own Healthy Baby Food' and a full-time working mom. Visit Nancy's website at

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Five Reasons For Preparing Your Own Baby Food

The Simple Steps To Delicious Home-Made Baby Food

The Facts About Organic Baby Food

Baby Shower Cakes: Tips For Selecting A Great Cake

Tips and Tricks for Introducing Solids to Your Baby

Baby's First Year –What Parent Needs To Know

Yard Sale Secrets Revealed

Smoothies for Athletes

Complete Library Of Cooking

Key Secrets to Setting Up Your Own Automatic \$ Making Machine!



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