



nutrition
 doesn't have to
 be complex

Here's what you need.



Variety of whole, healthy foods.



Balance of fruits, vegetables, dairy, proteins and whole grains.



Curiosity, creativity and a sense of adventure.



Flexibility with your little one's changing needs and wants.



Smiles and patience to help you both enjoy the journey.



Helpful resources



Plum Organics
PlumOrganics.com/Resource-Center

My Plate
ChooseMyPlate.gov

Healthy Children
HealthyChildren.org/Nutrition



**YOUR LITTLE ONE'S
 first steps to
 healthy eating**





The journey begins before birth

During pregnancy, baby eats everything mom eats. These first flavors, and those found in breastmilk, influence your little one's budding tastes. Choosing nourishing foods from the start sets your little ones on the path to a lifetime of healthy eating.



Baby's first foods

Moving from breast or bottle to bowl and spoon is an exciting time for you and baby. But, it may not be so easy to know when to head to the highchair. According to pediatricians, if your little one is between 4 and 6 months old and can sit up without help, she may be ready to start solid foods.

Does your baby watch you eat? Does she reach for your food? These are sure signs that she wants to try some. Babies are on their own schedules, though, so your doctor can help you decide when the time is right. You can ask about food allergies, too.

Introducing foods can be tricky. It can take 6 to 10 tries for a baby to like a new flavor. So try, try, sigh if you need to, then try again.



3 tips for getting baby to bite

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- 1 Excite your baby's senses.** Foods come in tons of flavors, colors and textures. So start early and watch for signs as your little one tastes, sees and smells them for the first time with you!
 - 2 Little ones need a range** of fruits, vegetables, whole grains and protein each day. Meals and snacks that are balanced and varied feed hungry minds and bellies.
 - 3 Mixing new foods** with breastmilk or formula can make first-time tries smoother.



Solid food safety

Avoid raw honey and raw dairy during her first 12 months. Keep possible choking hazards like grapes, nuts and seeds out of reach of tiny hands.

Feeding tots

Is your little one fussy about trying new foods? That's perfectly normal! Food fears are common in 1 to 2 year olds. These tips can help open your tot's mind and mouth to new tastes.



mix n' mash

Favorite flavors can be the key to your tot's taste buds. Combine old flavors with new ones to unlock those lips.



choices, choices

Does your tot like to call the shots? Offering 2 or 3 healthy options at meals and snacks are plenty to make her feel like the boss.



good food fun

Finger foods are as fun to make as they are to eat. Why not let your kiddo help out in the kitchen? It's okay to get a little messy!



model behavior

Little ones learn from you. Every food choice is a chance to make a healthy choice.

