

For Parents: Varying Your Baby's Veggies

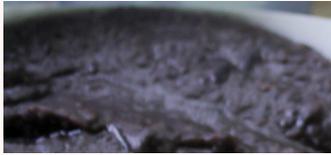
Giving your baby a variety of vegetables is a great way to introduce different flavors and nutrients into your baby's diet. You can start by giving your baby thinner pureed vegetables. Introduce thicker and lumpier vegetables as he or she gets older. This includes mashed, ground, and finely chopped foods.

What Face Does Your Baby Make When Trying These Foods?

Circle the face that looks like the face your baby made when trying the new food.

Age	Around 6–8 Months		Around 8–12 Months
Texture of Food	Pureed	Mashed	Ground/Finely Chopped
	<p>Pureed sweet potato</p>  <p>What face did your baby make?</p> 	<p>Mashed avocado</p>  <p>What face did your baby make?</p> 	<p>Chopped green beans</p>  <p>What face did your baby make?</p> 
	<p>Pureed peas</p>  <p>What face did your baby make?</p> 	<p>Mashed broccoli</p>  <p>What face did your baby make?</p> 	<p>Chopped cooked zucchini</p>  <p>What face did your baby make?</p> 

Pureed black beans



What face did your baby make?



Mashed carrots



What face did your baby make?



Chopped cooked bell pepper



What face did your baby make?



Pureed summer squash



What face did your baby make?



Mashed tomatoes



What face did your baby make?



Chopped cooked spinach



What face did your baby make?



Pureed butternut squash



What face did your baby make?



Mashed chickpeas



What face did your baby make?



Chopped squash



What face did your baby make?



It's okay if your baby makes this face 😐 or this one 😞 after you let them try a new food! You may have to offer a food more than 10 times before your baby might like it. Don't give up—keep offering these foods to your baby! One day your baby may like the food and will make this face 😊.

A handout from *Feeding Infants in the Child and Adult Care Food Program*
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