

Title:

Baby Care: Introducing Solid Foods

Word Count:

399

Summary:

Introducing solid foods to your baby should be both healthy and tasty. What better way to is

Keywords:

infant, feeding, food, solids, homemade, baby care

Article Body:

The next time you stroll down the baby food aisle, gaze for a moment at the meticulously stacked

Making your own baby food is easy and delicious. It is healthier and doesn't take much time to

Clean your vegetables thoroughly. Most baby's love homemade carrots and sweet potatoes the best

There is no need to season or add salt to steamed food as fruit and vegetables are naturally sweet

Separate the steamed food and put each separately in a food processor, adding a little bottled

You can buy little jars or containers to use or even use ice cube trays to store your food. For

When feeding your baby, never put the spoon in a jar full of food. The saliva on the spoon will

Keep your food in the freezer by date, with the newer batches going behind the old. The food

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