

# PUREES FOR BABIES

## Did you know?

You can make homemade purees for your baby, and they offer many advantages.

Homemade purees cost less, are nutritious and contain only the foods you choose.



## Why offer purees to babies?

Because of their smooth texture, purees are often among the first foods offered to babies. Purees are also a simple way to offer iron-rich foods to babies when they start eating.

## Choosing them at the grocery store?

Your baby is starting to eat? Choose purees made with foods that contain iron, such as meat, poultry or legumes.

Take the time to read the ingredient list on the purees before you buy them. As a general rule, try choosing the ones with the fewest ingredients.

## BLW and purees

It is possible to practise baby-led weaning (BLW) to develop feeding autonomy while still offering your baby purees. It will allow them to explore puree textures too.

For example:

- Spread puree on a cracker or piece of fruit that your baby can pick up alone.

Place a spoon filled with puree on your baby's tray so that they can take it independently.

## Discovering textures

For babies to enjoy a variety of foods, they need to be exposed to a variety of textures. You can start by offering smooth purees, but you should quickly introduce other textures. For example, coarsely pureed foods and large, soft pieces babies can pick up with their hands.

## Storing them

For store-bought purees, make sure you use them before the "best before" date on the package. Keep homemade purees and store-bought purees that have been open in the refrigerator and use them quickly.

If you buy purees stored in a freezer at the store, they must remain well frozen. To make sure they stay frozen, pick them up at the end of your grocery shopping and quickly store them in the freezer when you get home.