

Transitioning from Pureed Foods to Table Foods

Pureed Foods

Initial feedings should be strained/pureed to be the consistency of nectar or “thick milk”.

Thin purees to try:

- Single grain cereal mixed with formula, breast milk or other milk (rice, brown rice, oatmeal, barley, quinoa, millet, kasha)
 - 1st of 2nd stage baby fruits or baby vegetables
 - 1st or 2nd stage baby meats mixed with pureed baby fruits or baby vegetables
 - Pureed fruit
 - Pureed vegetables
 - Pureed grains
 - Pureed pinto beans, black beans, garbanzo beans, lentils
 - Pureed potatoes, sweet potatoes, yams
 - Yogurt
- (thin foods with formula, milk or broth as needed)

Transition to thicker pureed foods gradually, as tolerated.

- Pureed rice, noodles, pasta
- Pureed soups and stews
- Tofu
- Pureed meats – canned tuna or salmon
- Pureed pinto or black beans
- Pureed lentils or split peas
- Pudding or custard
- Squeeze cheese
- Frozen yogurt or “gogurts”
- Smoothies
- Hummus
- Avocado

Easily dissolvable solids – “meltables”

Try small pieces of easily dissolvable foods when your infant/child is learning to chew:

- Ritz Crackers
- Club Crackers
- Graham Crackers
- Cheese puffs

When your child is handling these foods well, here are some more “meltables” to practice biting and chewing:

- Veggie Stix
- Tings crunchy corn sticks
- Gerber star puffs
- Puffed Cereals (kix, cheerios, etc.)
- Baby cookies
- Gerber freeze dried fruit/vegetables
- Freeze dried pea pods
- Pirate’s Booty

Mashed Foods

When your child is able to mash lumps of food with his/her tongue without difficulty, your child may be ready to try mashed table foods.

Ideas for mashed table foods

- Mashed potatoes
- Mashed sweet potatoes, yams, butternut squash
- Well-cooked mashed carrots, green peas or green beans
- Bites of mashed banana

- Mashed canned pears
- Regular applesauce
- Oatmeal or Cream of Wheat
- Mashed pinto, black, kidney or navy beans
- Finely ground meats mixed with gravy or sauce

Chopped Foods

Your child may be ready to eat lumpy foods when s/he:

- Is able to chew foods
- Moves food to sides of mouth

To prevent choking, finely chopped foods should be soft and be the size of a green pea, or smaller

Chopped food ideas:

<p>Soft diced fruits</p> <ul style="list-style-type: none"> • Banana, pear, peach, mango, papaya, melon, blueberries, raspberries, strawberries, oranges • Grated apple • Canned, diced fruits <p>Soft diced vegetables</p> <ul style="list-style-type: none"> • Cooked carrots, green peas • Broccoli, cauliflower, asparagus • Canned green beans • Frozen mixed vegetables <p>Chopped noodles and pasta with butter or sauce</p> <ul style="list-style-type: none"> • Spaghetti, mac and cheese, ramen noodles <p>Mushy rice, quinoa or couscous</p> <p>Fried rice</p> <p>Small pieces of bread</p> <p>Bread stuffing</p> <p>Muffins</p> <p>Waffles or pancakes</p> <p>French toast sticks</p>	<p>Hash browns</p> <p>Dry Cereal</p> <p>French fries or sweet potato fries</p> <p>Potato bites or baked potato</p> <p>Cubed sweet potatoes or yams</p> <p>Butternut squash cubes with butter</p> <p>Soft chopped meats (should be moist)</p> <ul style="list-style-type: none"> • Lunch meats • Salmon or white fish • Canned tuna/salmon/chicken with mayo • Bites of quartered soft meatballs • Small pieces of soft moist chicken <p>Bites of veggie burger</p> <p>Scrambled eggs</p> <p>Grated cheese</p> <p>Cottage cheese</p> <p>Baked beans</p> <p>Casseroles</p> <p>Chunky soups or stews</p> <p>Diced avocado</p>
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Calorie boosters that may be added to foods and drinks

<p>Traditional</p> <ul style="list-style-type: none"> • Butter or margarine • Vegetable oil • Heavy cream or whipping cream • Mayonnaise • Peanut butter or almond butter • Cream cheese • Full fat Greek Yogurt • Cheese • Ice cream • Ranch dressing • Coffee creamer 	<p>Alternative</p> <ul style="list-style-type: none"> • Earth Balance dairy and soy free spread • Olive oil or coconut oil • Coconut cream (canned) • Avocado • Sun butter or pumpkin seed butter • Tofu, Earth Balance coconut or avocado spreads • Coconut or almond yogurt • Daiya cheese substitute, Parma, Galaxy • Coconut Bliss ice cream, Rice Dream, So Delicious Coconut ice cream • So Delicious coconut coffee creamer
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