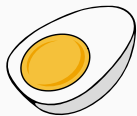

Soft Foods for Babies



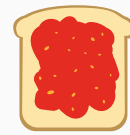
Fruits and Veggies

- diced or mashed banana
- canned fruit in 100% fruit juice
- no salt added canned veggies
- applesauce (no sugar added)
- hummus
- sweet potato fries
- cucumber spears
- diced strawberries
- raspberries
- blueberries (may need to cut in half)



Proteins

- soft boiled egg yolks
- scrambled eggs
- cottage cheese
- refried beans
- canned beans (low sodium)
- shredded or ground chicken, beef, pork, turkey, or even venison!
- greek yogurt sweetened with fruit
- chickpeas
- lentils



Carbs & Starches

- toast with organic jelly
- Whole Wheat Ritz crackers
- Gerber arrowroot cookies
- oatmeal (sweeten with fruit)
- soggy cereal
- macaroni and cheese (cut noodles smaller with kitchen scissors)
- orzo with pasta sauce (overcook pasta)
- Spaghettios
- chicken n' stars soup
- Cheerios
- Kix
- Whole grain brown rice
- mashed potatoes
- pancakes
- baked potato



Dairy

- plain yogurt sweetened with fruit
- shredded cheese
- cottage cheese
- ricotta cheese
- yogurt melts
- cheese quesadilla
- grilled cheese sandwich