



## **FRUITS**

**Fruits are a very important food to introduce to your child as they will provide minerals and vitamins to their diet. Initially the fruit should be of the strained variety such as found in Stage 1 foods.**

**Fruits are usually the second food we suggest to offer after the introduction of cereal. Despite the frequently asked question regarding the possibility that offering fruit before vegetables will result in a “sweet tooth” for infants, this seems not to occur.**

- 1. Feed your infant the fruits with cereal twice a day**
- 2. There is no minimum amount of fruit to offer your baby, however if he/she desires, you may provide up to an entire jar per feeding.**
- 3. Initially, offer the light colored fruits first, such as**
  - Apples**
  - Pears**
  - Bananas**
- 4. Subsequently, offer the various colored fruits individually (e.g. peaches, plums, apricots, prunes, etc.)**
- 5. IMPORTANTLY- Keep your infant on the same fruit for 3-4 days before introducing them to a new fruit!**
- 6. PLEASE NOTE-DO NOT FEED your infant directly from a jar unless you think she/he will completely finish that jar. The infant’s salivary enzymes might predigest the natural sugars in the fruit and make it watery and unappealing.**