



## **VEGETABLES**

**Vegetables are a low calorie food with significant quantities of vitamins and minerals specific to that vegetable. They also provide a significant amount of fiber and are a moderately good source of iron and B-complex vitamins.**

- 1) Begin vegetables at the lunch feeding.**
- 2) Offer up to one jar of strained (stage 1) vegetables.**
- 3) First offer yellow vegetables: (carrots; sweet potato; squash; corn)**
- 4) These vegetables should be offered individually for 3 days in a row before trying a new one.**
- 5) Follow the yellow vegetables with the green ones-try them all Individually.**
- 6) The last one to try is the mixed vegetable preparation.**
- 7) If the vegetables are not well taken alone, you may offer fruit with the vegetable feeding.**
- 8) DO NOT FEED the vegetables directly from the jar.**