

KEY NUTRIENTS FOR YOUR BABY AND HOW TO GET THEM



When it comes to your baby's growth and development, certain nutrients are essential. If you're dealing with a picky eater, we know it can feel like a challenge to ensure they get the nutrients they need. Here's a quick guide to important vitamins and minerals, along with baby food suggestions and tips to help even the pickiest eaters get what they need.



Folate

Folate is crucial for your baby's brain and spinal cord development, helping to reduce the risk of major birth defects.

BABY FOOD SUGGESTIONS:

- Mashed peas, avocado, and pureed broccoli are great sources of folate.

TIPS FOR PICKY EATERS:

- Blend spinach or avocado into fruit smoothies or mix small amounts of mashed peas into mashed bananas. Babies often prefer sweeter flavors, so mixing veggies with fruit can help.



Calcium

Calcium is important for building strong bones and teeth, as well as supporting the heart, muscles, and nerves.

BABY FOOD SUGGESTIONS:

- Dairy or non-dairy yogurt (unsweetened, plain), pureed spinach, or tofu crumbles can be blended into other foods like mashed sweet potatoes.

TIPS FOR PICKY EATERS:

- If your baby turns away from plain veggies, mix yogurt into fruit purees, or use calcium-fortified plant-based milks in cereal. You can also try making creamy mashed potatoes with added spinach or tofu blended in for extra calcium.



Iron

Iron supports your baby's blood by helping red blood cells carry oxygen. Not getting enough iron can lead to anemia and even increase the risk of premature birth.

BABY FOOD SUGGESTIONS:

- Pureed meats like chicken or beef, lentil puree, and iron-fortified baby cereals are great sources of iron.

TIPS FOR PICKY EATERS:

- If your baby isn't a fan of meat or you're living a plant-based lifestyle, try pureeing lentils or beans into applesauce or their favorite mashed veggies. Iron-fortified baby cereals mixed with fruit are another good option.



Protein

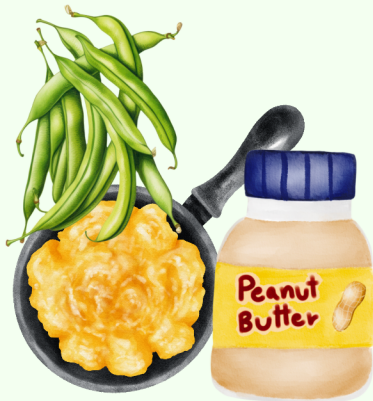
Protein is essential for your baby's overall growth, especially for building and repairing tissues.

BABY FOOD SUGGESTIONS:

- Scrambled eggs (well-cooked and mashed), pureed beans, smooth nut butters (in small amounts), tofu, and lentils are excellent sources of protein.

TIPS FOR PICKY EATERS:

- If your baby turns away from meat or eggs, try blending beans or lentils into their favorite vegetable purees. You can also spread smooth nut butter on soft bread or crackers, or mix mashed beans with rice or quinoa for added flavor and texture.



TIPS FOR FEEDING PICKY EATERS

- Try offering new foods when your baby is hungry and more open to trying something different.
- Always add a new food onto the plate even if they don't try it.
- Pair new flavors with familiar ones to make them more acceptable.
- Don't stress if they reject something at first—repeated exposure can sometimes change their mind.
- Be patient! Babies have developing taste buds, and their preferences can change over time.
- For severe picky eaters, consider an occupational therapy or speech therapy evaluation. Being assessed for a tongue tie might also be a consideration.

