



Balanced Diet Baby - See What Babies eat across the world

BABY CARE

ARTICLE

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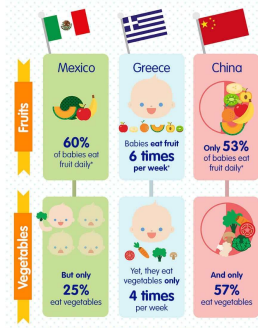
2 MINS

Around the world, babies are not eating enough fruits and vegetables, which are essential for a healthy diet. Yet studies have shown that eating these foods early in life can help your baby enjoy them as an older child. Here's a snapshot of what babies are eating in three countries, and five ways to help your little one make a healthy start...

8-10 months

Make sure you offer your baby fruits, vegetables, and water each day

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1 Offer your baby choices

Prepare food with different textures – cooked and mashed, diced, raw – to provide even more variety.



2 Try, try, try... and try again!

Just as you did with new flavors, you may need to offer your baby new textures at least eight times before he accepts and enjoys them.



Don't give up! Keep offering your baby foods with advanced textures. If he rejects them, wait a day before trying again.

3 Be a positive role model

Expand your own palate by trying a new fruit or vegetable. If your baby sees you happily eating something new, it might help him give it a go.



4 Offer a variety of flavors

Babies often naturally prefer sweet tastes to more bitter flavors. So, at first, your baby may be more willing to eat new fruits than vegetables. Offering a variety of vegetables consistently from the start helps babies learn to accept these 'less preferred' flavors early on.



5 Stay hydrated and healthy

Breast milk and water are the only beverages your baby needs at this age. To encourage healthy hydration at the earliest opportunity, offer water with meals to get him into the habit of drinking it. Local by example and always include water with your own meal, too.



Sources

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