



Nixon keeps her little guy close by while she's cooking.

## feeding 101

Tips for transitioning smoothly from nursing to solids

### 1. GAUGE YOUR TOT'S READINESS

Pull your baby's highchair next to the dinner table when your family eats. By the time he's 5 or 6 months old, he may watch your mouth as you chew or reach for food—signs he's probably ready to try a purée. He should also be able to sit upright, hold his head up and close his mouth around a spoon.

### 2. MIND THE TEXTURE

A soupy consistency is best for babies just starting out on food. Around 7 to 8 months, try slightly thicker mashes; wait until 9 months or so for chunkier edibles.

### 3. TAKE IT SLOW

Start with a teaspoon a day of puréed food or cereal mixed with a few teaspoons of breastmilk, then gradually work up to twice a day. Introduce new foods one at a time, leaving at least three days in between each debut.

### 4. LATER, MIX UP FLAVORS

Use ingredients that can be found on your family's table, including favorite spices and herbs, to cut the odds that she'll turn into a picky eater. Note which purées she gobbles up, and watch for rashes or vomiting, which can indicate an intolerance.

# that's bananas

The potassium-rich fruit provides a creamy base for myriad recipes, including these two purées that Cooking Channel star Kelsey Nixon began whipping up for her son, Oliver (now 2 years old), when he started solids.

## Apple-Banana-Peach

(AGES 6 MONTHS AND UP)  
MAKES 8 TO 15 BABY-SIZE PORTIONS

"Use a Honeycrisp or Red Delicious apple to add just the right amount of sweetness to this mash-up."

### INGREDIENTS

- 1 apple, cored and peeled
- 1 peach, pitted and peeled
- 1 medium banana

Roughly chop the apple and peach. Transfer to a small pot and fill with water to cover fruit (about ¼ cup). Simmer until fruit is easily mashed with a fork. Add banana to mixture and continue to mash until fully combined. Purée further in a blender if a smoother consistency is desired. Spoon-feed to baby. Leftovers will stay fresh in an airtight container for 1 day in the fridge or up to 2 weeks in the freezer.

## Avocado-Banana

(AGES 6 MONTHS AND UP)  
MAKES 6 TO 11 BABY-SIZE PORTIONS

"Because Ollie was premature, I spent a lot of time trying to help him gain weight. I liked offering him avocado and yogurt, particularly for the good fat and calories."

### INGREDIENTS

- ½ avocado
- 1 large banana
- 2 tablespoons plain Greek yogurt

Place ingredients in a food processor and blend until smooth. Spoon-feed to baby. Extras will stay fresh in an airtight container for 1 day in the fridge or up to 2 weeks in the freezer. (Expect a bit of browning from the avocado—it'll still taste delicious!)

Babies typically eat 2 to 4 tablespoons of purée per meal. Pour extras into ice cube trays; pop squares into a storage bag and store them in the freezer. Warm a portion in the microwave for just 10 seconds, then stir and check the temp. For a complete guide to DIY baby food, visit [fitpregnancy.com/augsept2014](http://fitpregnancy.com/augsept2014).