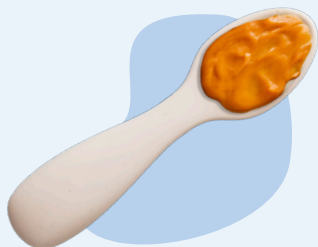


How to Use Purees with Baby-Led Feeding

Baby purees are an important food to help your baby get a variety of essential nutrients. Plus, they offer a variety of textures to help baby develop eating skills.

Readiness Cues:

- ✓ Seems interested in food
- ✓ Brings objects to mouth
- ✓ Good head control
- ✓ Sits independently



Offer baby a pre-loaded spoon to self feed

Use purees as an ingredient in baby-led friendly recipes



Use purees as dips or spreads



Learn more about baby-led feeding at gerber.com or call 1-800-4-GERBER

Healthcare professionals visit medical.gerber.com

Gerber®

Start Solids with Gerber Infant Purees



Made with real fruits
and/or veggies

No artificial
flavors or colors

Unsalted and
unsweetened

Nourish your baby with fruit and veggie purees

- Support development with nutrient-dense foods
- Offer a variety of foods up to 10 times for food acceptance

We are proud to share Gerber has the most **Clean Label Project®** certifications of any baby food brand.

