



3 more tips for developing nutritious eating habits starting at 6 months

As babies transition to solid foods, serving varied flavors and textures remains crucial.

1. Ensure a varied diet



Cereals and breads, potatoes, pasta and rice.



Meat, poultry, fish, eggs, beans and nuts.



Breastmilk and / or formula, yogurt and cheese.



Vegetables and fruits.

2.

Include iron-fortified infant cereals

3.

Offer new foods multiple times—babies may need several tries (up to 8) to like them.

Gerber foods help you expose babies to a varied diet.



For more information, visit:

<https://medical.gerber.com>

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