

FlavorBaby

Early Flavor Learning is nature's way of helping children grow to accept and love the foods they'll eat later in life. Research has shown that providing a variety of vegetables flavors in a 4- to 5-day rotation during pregnancy, milk feeding and up to 18 months of age will help them grow to become healthy, adventurous eaters.

sweet



acorn squash
F V E



bell peppers
E



butternut squash
F V E



carrot
F V E



corn
E



fennel



parsnip
F V E



pumpkin
E



snap peas
F V E



sweet potato
F V E

spicy + bitter



bok choy



broccoli rabe



brussel sprouts



collard greens



kale



leeks



onions



radish



salad greens



turnips

buttery + mild



artichoke
E



avocado
F V E



cauliflower
F V E



edamame
E



eggplant
E



lima beans
E



peas
F V E



potatoes
E



yellow squash
F V E



zucchini
F V E

grassy + earthy



asparagus
F V E



beets
F V E



broccoli
F V E



cabbage



celery



chard
E



cucumber
E



green beans
F V E



mushrooms



spinach
F V E

PREGNANCY

2nd & 3rd Trimester

A baby's sense of taste and smell are fully formed 3-4 months after conception, which means she experiences the flavors of everything mommy eats. Baby's brain is being "imprinted" with the foods she knows to be safe, familiar and emotionally satisfying.

VEGGIE PRIMER V

Usually Start at 4-5 Months Old

Research has shown that a gradual introduction to vegetables at the beginning of weaning is a great way to get children to like and prefer the flavors of vegetables. Veggie Priming has 3 phases: puree with milk or formula; puree mixed with cereal; and 100% puree.

BREASTFEEDING

Exclusively or in Combo

Nursing babies experience the flavors of their mother's diet via breast milk. Researchers refer to breast feeding as the "flavor bridge", serving to bridge the gap from the flavors a baby experiences in utero to the flavors she will experience during weaning.

EARLY EATER E

up to 9 months old

After completing the Veggie Primer period, it's time to move on to mixtures, chunky blends and finger foods. Continue to provide a rotation of flavors, but expand beyond single-flavor purees to homemade or pre-made baby food combos of varying textures.

FORMULA FEEDING F

Exclusively

While breast milk varies in flavor per mother's diet, formula does not. Parents who wish to provide their children with early flavor learning, while formula feeding exclusively can do so by adding a tiny bit of vegetable puree to formula, once each day.

TODDLER

10 to 18 months old

At 10 months, your baby can eat the same foods you and your family eat. Continue to provide veggie flavors in rotation and make sure that all food is diced or smashed appropriately. Be mindful of choking hazards like raw vegetables, nuts, and whole grapes.



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