












For Parents: Varying Your Baby's Veggies

Giving your baby a variety of vegetables is a great way to introduce different flavors and nutrients into your baby's diet. You can start by giving your baby thinner pureed vegetables. Introduce thicker and lumpier vegetables as he or she gets older. This includes mashed, ground, and finely chopped foods.

What Face Does Your Baby Make When Trying These Foods?

Circle the face that looks like the face your baby made when trying the new food.

Age	Around 6–8 Months		Around 8–12 Months
Texture of Food	Pureed	Mashed	Ground/Finely Chopped
	<p>Pureed sweet potato</p>  <p>What face did your baby make?</p> 	<p>Mashed avocado</p>  <p>What face did your baby make?</p> 	<p>Chopped green beans</p>  <p>What face did your baby make?</p> 
	<p>Pureed peas</p>  <p>What face did your baby make?</p> 	<p>Mashed broccoli</p>  <p>What face did your baby make?</p> 	<p>Chopped cooked zucchini</p>  <p>What face did your baby make?</p> 