

# HEALTHY AND TASTY

## Foods For Your 4-Month-Old

### SWEET POTATO

A mix of tender cooked sweet potato puree and breast milk.



### CARROTS

A vitamin-rich puree made from baked carrot sticks.



### APPLE

A steamed puree made from tender cooked apples.



### BUTTERNUT SQUASH

A potassium and vitamin-rich puree made from baked squash mixed with breast milk.



### AVOCADO

A high-calorie soupy puree made from processed avocado pulp and breast milk.



### PEAS

A fiber-rich puree processed from steamed peas, sieved, chilled and enriched with breast milk.



### PEAR

A nutritious puree made from steamed pear added to baby cereal topped with breast milk.



### BANANA

A fibrous puree made from combining banana pulp and breastmilk.

