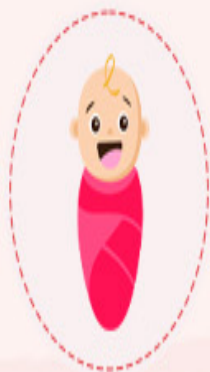


# ALL ABOUT Veggies & Babies



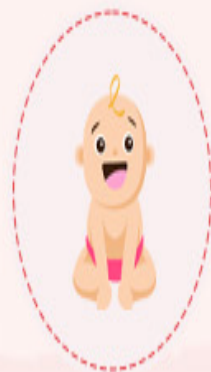
## How Much Vegetable Does Your Child Need?

6 to 8 months



One to two tbsp  
(one to two times per day)

8 to 12 months



Two to three tbsp  
(two to three times per day)

## How To Get Your Child To Eat Their Veggies?



Include veggies when your baby is hungry,  
so they finish up whatever is given.



Keep alternating between different  
types of veggies to bring variation.



Presentation is the key, so make the  
dish look appetizing with colorful  
ingredients and garnishing.



Praise them whenever they eat  
their veggies without fussing.

Mom Junction

Source: [https://www.momjunction.com/articles/best-vegetables-for-babies-eat-avoid\\_00764681/](https://www.momjunction.com/articles/best-vegetables-for-babies-eat-avoid_00764681/)