

Homemade Baby Food Cheat Sheet

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FOOD	PREP WORK
FRUITS	
Avocado, Banana, Berries, Cherry, Melons, Pineapple, Mango, Papaya, Orange/clementine, Peach/nectarine, Kiwi, Plum	Peel if necessary, remove any pits or large seeds, cut into 1-inch cubes, and puree
Apple, Pear	Wash, core, cut into pieces, steam until soft, then puree.
VEGGIES	
Peas, Corn	Thaw from frozen or steam from fresh
Broccoli, Cauliflower	Cut into florets, steam or bake until soft.
Zucchini	Cut off ends, slice, and steam, sauté, or bake until soft
Sweet potato, white or red potatoes	Peel, remove ends, cut into cubes, bake, steam, or slow-cook until soft.
Acorn squash	Cut in half, scoop out seeds, bake until soft, scoop out flesh
Butternut squash	Peel, remove ends, cut in half, scoop out seeds, cut into cubes, bake or steam until soft.
Carrot, Parsnips	Wash or peel, remove ends, cut into chunks, steam until soft.
Bell peppers	Remove core and seeds, cut into chunks, and steam, sauté, or bake until soft.
Pumpkin	Canned is totally fine. Otherwise, prepare like acorn squash
Spinach/greens	Remove any tough stems, rough chop, then puree raw into something else, or sauté until soft to puree alone.
Brussels sprouts	Cut off the end, remove outer leaves, cut in half, bake or steam until soft.
Mushrooms, Breen beans	Bake, steam, or sauté until soft
Onions	Peel, chop, sauté until soft
Asparagus	Remove tough ends, cut into 2-inch section, steam, sauté, or bake until soft.
MEATS	
Chicken, Beef, Pork, Turkey	Bake, poach, slow cook, or sauté until cooked through. Cut into small pieces before pureeing (warm meat is easier to puree than cold!) Add small amounts of water or low-sodium broth if needed.
Fish	Canned tuna or salmon is fine (check for bones). Otherwise, bake, sauté, or slow cook until cooked through, then flake with fork before pureeing.
OTHER	
Eggs	Scramble whole eggs and then puree, or hard boil them and mash the cooked yolk with some formula or breast milk.
Nut butters *	Plain nut butters can be added in very small amounts to other purees IF you are ready to introduce these foods. The end result should not still be sticky. Check with your doctor first, especially if there's a family allergy history.
Beans	Canned beans can be pureed after rinsing. Dried beans should be cooked by boiling or slow cooking according to package directions.
Dairy	Full fat yogurt can be served as-is. Cottage cheese can be pureed.
Grains (Barley, Pasta, Oatmeal, Rice, Quinoa)	Iron-fortified baby oatmeal just needs to be mixed with formula or breast milk. Other grains should be cooked according to package directions.

*Remember to wash produce before use! This table just includes prep-work needed between the washing step and the pureeing step. More info at RaisingNutrition.com/