



COMBINATION IDEAS

for

Making Homemade

Baby Food

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When can I start to give my baby food combinations? Do I still need to follow the "4 day wait rule" when I make baby food combinations?

When you have introduced your baby to a variety of foods and you know that no allergies are present, you are free to begin combining different foods together. For example, if you have introduced apples and acorn squash, you can combine them and add one new food to the combination. In this example, should your baby have a reaction, you would know it was the new food added to the "old" foods that may be the culprit!

Most Important: Leave your own thoughts of "what foods go well together and what foods do not" behind you as you step into the kitchen to conjure up a meal for your baby! Babies do not have the discriminating palates that adults do. They do not know that certain foods should simply never be mixed.

Fruits and veggies are nice mixes for baby; applesauce and carrots is yummy as is peas and pears. You're thinking to yourself, "YUCK those mixes sound absolutely horrid!".

Please insure that your combos are age appropriate for your baby - we have made age suggestions however you should determine if they suit your baby's needs! Make combinations only when you have introduced all foods separately and have checked for food allergies!

(See Also [Meals for Fingers](#) & [It's Mealtime Baby!](#) links)

VEGETABLE BABY FOOD COMBINATION IDEAS

For Beginners (younger than 7 months old)

Squashy Sweet Potato

Blend acorn or butternut squash together with sweet potatoes

Squashy Apple Sweet Potato

Blend apples, acorn or butternut squash together with sweet potatoes

Green Beans and Apples or Pears

Blend green beans with apples and/or pears

For Intermediates (7-8 months and Older)

Spicy Squash or Sweet Potatoes

Add some cinnamon and/or nutmeg to baby's squash or sweet potatoes

Green Beans and Potatoes

Blend white potatoes and green beans together - add a bit of pear or applesauce for extra Yum

Sweet Pea Stew

Mix Peas and Carrots with Applesauce, Rice or Oatmeal and/or even Yogurt!

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Carrot Stew

Mix Apples and Carrots with Rice, Oatmeal or even Yogurt!

Sweet Potato Pie

Mix sweet potato, yogurt, cereal and a dash of cinnamon, top with powdered Cheerios - mix well

FRUIT BABY FOOD COMBINATION IDEAS

(you may cook some of the fruits together or blend already prepared fruits!)

For Beginners (younger than 7 months old)

Apple Cereal

Blend applesauce together with oatmeal or rice cereal

Pumpkin Cereal

Blend pumpkin puree together with oatmeal or rice cereal

Banana-'Cado

Blend Avocado and Bananas for a great meal or add the blend to baby's cereal.

Apple-Pear Sauce

Blend Apples and Pears (yummy when both are cooked together!)

Pumpkin Bananas

Blend pumpkin puree together with bananas

Pumpkin Bananas Applesauce

Blend pumpkin puree together with bananas and applesauce

For Intermediates (7-8 months and Older)

Apple Pie

Combine cereal, yogurt and applesauce together adding a dash of cinnamon, top with powdered Cheerios - mix well

Pumpkin Pie

Blend pumpkin puree together with cereal, yogurt and add a dash of cinnamon or nutmeg, top with powdered Cheerios - mix well

Blueberry (Yogurt) Medley

Mix Blueberry, Apple, and Pear Sauce. Add yogurt if appropriate. Sprinkle with Powdered Cheerios (optional)

MEAT/PROTEIN BABY FOOD COMBINATION IDEAS

(8 months and Older unless advised by your pediatrician)

Add rice, noodles, or barley for a "hearty" meal!

Turkey/Chicken/Beef Dinner

Blend turkey or chicken or beef with applesauce and squash for a yummy meal.

Blend turkey or chicken or beef with sweet potatoes and/or applesauce

Blend turkey or chicken or beef with sweet potatoes and carrots

Blend turkey or chicken or beef with applesauce and/or carrots

Blend turkey or chicken or beef with pumpkin and squash

Tofu Dinner

Blend tofu, applesauce and squash together for a yummy meal.

Blend tofu, avocado and pears together

Blend tofu, blueberries and bananas together