

# EATING SMART THROUGHOUT THE LIFECYCLE



## Development of Infant Feeding Skills

Age	Foods to Help Your Baby Eat Smart	Feeding Skills	Physical Signs
Birth to 3 Months	<ul style="list-style-type: none"> <li>Breast milk or iron-fortified formula</li> </ul>	<ul style="list-style-type: none"> <li>Turns mouth toward nipple</li> <li>Sucks and swallows</li> <li>Sticks tongue out when anything is placed in mouth</li> </ul>	<ul style="list-style-type: none"> <li>Poor head, neck, and body control</li> </ul>
4 to 6 Months	<ul style="list-style-type: none"> <li>Breast milk or iron-fortified formula</li> <li>Offer baby rice cereal first. Mix with breast milk or iron-fortified formula. Try with spoon. After a week try oatmeal cereal next.</li> </ul>	<ul style="list-style-type: none"> <li>Opens mouth when sees food</li> <li>Up and down motions of jaw begin</li> </ul>	<ul style="list-style-type: none"> <li>Holds head up</li> <li>Uses hands to pick things up and put them in mouth</li> </ul>
7 to 9 Months	<ul style="list-style-type: none"> <li>Breast milk or iron-fortified formula</li> <li>Strained fruits and vegetables</li> <li>Progress to thicker, soft mashed or chopped fruits and vegetables.</li> <li>Strained meats</li> <li>Fruit juice from cup</li> </ul>	<ul style="list-style-type: none"> <li>Tongue moves food from side to side</li> <li>Can finger large pieces of food</li> <li>Drinks from a cup</li> </ul>	<ul style="list-style-type: none"> <li>Begins sitting on own</li> <li>Eyes and hands work together</li> </ul>
10 to 12 Months	<ul style="list-style-type: none"> <li>Breast milk or iron-fortified formula</li> <li>Tiny pieces of cooked vegetables, soft fruit, cooked meat, chicken, or poultry</li> <li>Mashed cooked beans, egg yolk or tofu</li> <li>Chopped noodles or rice</li> <li>Bite-size pieces of toast, plain crackers, or soft tortilla</li> </ul>		<ul style="list-style-type: none"> <li>Uses hands to hold cup</li> <li>Pulls up and walks</li> </ul>



**Note:** If your child was born prematurely or has some health problem, this list may not apply. If this is the case, ask your doctor to provide you with an idea of what to expect.



# STUFFED BELL PEPPERS



Makes 4 servings

Serving Size: 1 pepper

**Tip:** If peppers are out of season, use cabbage leaves.

## Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can low-sodium tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

## Directions

1. Crumble turkey into a 1-1/2 quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

## Nutrition information Per Serving

270 calories		Protein	23 g
Total Fat	10 g	Total Carbohydrate	24 g
Saturated Fat	2.5 g	Dietary Fiber	5 g
		Sodium	700 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Excellent Source of Iron



Eat Smart



## TAKE A STRETCH BREAK!

Pick one or two days this week that you can take 15-20 minutes to do some simple stretching. You will be surprised how much better you will feel. You can even do some stretching while you are watching TV or your baby is napping. What day this week will you get started?

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