

## Tips On How to Choose Commercial Baby Food

### Use the information on the label



#### Read the ingredient list.

- Ingredients are listed in decreasing order. The first ingredient makes up the largest amount in the product. The last ingredient is the least amount in the product.
- Choose a baby food that does not list water as its first ingredient.

#### Look at the “Nutrition Facts” label.

- This information gives you a breakdown of the baby food for a **specified serving size**.
- If your baby eats less than the serving size, the energy and nutrients that your baby gets will be lower than the values on the label.

#### Look at the “nutrient content claim” on the label.

- “No added sugar” means the company did not add any sugar to the product during processing. Look for products with “no added sugar”.
- Read the label to make sure there is no modified starch or salt added.

### Commercial baby foods are not always the right texture for your baby

- By 7- months, babies are ready for more textured foods than what is provided with beginner food. Making your own baby food lets you vary the texture to suit your baby’s development.

### Commercial baby foods offer some unnecessary products

- Baby food desserts usually have added sugar. Feed your baby the more nutritious, plain fruit products.
- Fresh or frozen unsweetened and pasteurized juices, unsweetened applesauce and full-fat yogurt that you buy for the rest of the family are also good for your baby.

### Food safety

- Check expiry dates of products. Do not use products that are past the expiry date.
- Listen for the “popping” sound when opening the jar to make sure the safety seal has not been broken. If it doesn’t make that sound, do not use it.
- Opened jars of baby food can be kept covered in the refrigerator for up to three days.
- Do not feed your baby directly from the jar. Saliva from the spoon that remains in the jar can contaminate the contents and make your baby sick. Put the food your baby will eat into a bowl.

### Any questions?

- Call the baby food company’s toll free number (e.g. “1-800”, “1-888” or “1-877”) listed on their label for more detailed information on their product.