

# WAYS TO MAKE FOOD **ATTRACTIVE** FOR **BABIES**



## Vary the food's texture

Purees may be supplemented with soft pieces of food such as cooked sweet potato, steamed broccoli, or ripe avocado. Babies may love to gnaw on them while having their puree.

## Make food colorful

Serve purees of multiple colors together to grab your baby's attention. This will also increase the exposure to flavors.



## Add fun faces to the food

Adding fun faces or smileys to the food may make it more attractive for your baby.

## Give fun names to foods

Refer to their food with some fancy names or name them after their favorite cartoon characters.

