

# FEEDING BABIES AND TODDLERS

Nutritionist-approved tips to reduce  
pickiness and improve nutrition

# How to Incorporate Healthy Fats

A guide from 6 months - 2 years

**WHAT**

**Blend into Purees:**

- coconut oil
- coconut milk
- olive oil
- butter
- broth
  - chicken
  - beef
  - fish

**Spoon or Finger Feed:**

- nut butters
- egg yolk
- yogurt
- cheese
- avocado
- fish
- meats

**WHY**

Half of the calories in breast milk come from fat - nature's way of showing how important fat is for children.

**Healthy fat is essential for:**

- brain development
- nutrient absorption
- maintaining energy level
- bone + organ growth
- healing

**HOW**

**Healthy fat\***  
+  
**Leftover veggies**  
+  
**Liquid**

\*1 spoonful per serving

**WHERE**

- Serve in Toddler Tumbler  
refillable food pouch
- Store leftovers in mason jars; in fridge or freezer

**WHEN**

Starting from 6 months to 2 years

# How to

## PREVENT PICKY EATERS

Pickiness can be greatly reduced by repeated exposure, and this exposure can start much, much younger than you think:

### **Pregnancy:**

Eat a varied diet; flavors will actually pass through into amniotic fluid

### **From Birth:**

Also eat a varied diet while breastfeeding, flavors can pass into milk too

### **From 4 months:**

Beginning at 4 months, the “flavor window” opens up. Babies will be open to new flavors and even though not much nutrition needs to be derived from them, this early exposure can make them more open minded as toddlers

### **From 7 months:**

The flavor window is starting to close, so hopefully you’ve introduced a variety of foods.

Continue exposing your child to new foods, without the pressure to eat them in a “messy play” type scenario. These repeated exposures will continue building up the familiarity that’s needed to accept the food.

### **From 1-3 years:**

Expect pickiness to develop. It's both genetic and instinctual. Continue trying food without the pressure to eat, but also start hiding veggies. Though texture will be lost, flavor exposure will still happen, and of course nutrition as well.

**Mason Bottle's wide-mouth food pouch makes it easy to fill with sneaky vegetable-rich purees, soups and smoothies.**