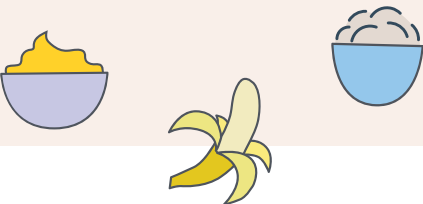
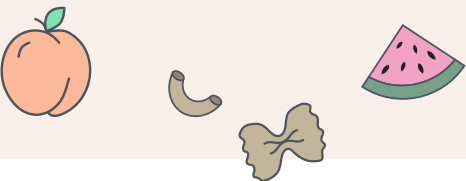



# Puréed Food vs. Baby-Led Weaning (BLW)

Puréed Food	Baby-Led Weaning (BLW)	Both Methods
<p>Teach infant to swallow first, then chew.</p> <p>Offer puréed fruits, veggies or grains first.</p> <p>Adult offers food on spoon.</p> 	<p>Teach infant to chew first, then swallow.</p> <p>Offer soft solids and table foods first.</p> <p>Baby feeds self with hands.</p> 	<p><b>Avoid</b> honey, very hard foods &amp; choking hazards (nuts, hot dogs, grapes), cow's milk, added sugar or salt.</p>  <p><b>Encourage</b> your child to try foods from all food groups and respect their hunger cues. If your baby doesn't seem interested in eating, don't force it!</p> 