

The great baby food taste test

That's right, the P&N staff took one for Team Parenthood: We reverted to our baby ways and got back to basics with the flavors that first tickled our taste buds (and just a few that made us wish spitting up was still acceptable). **PRODUCED BY GINNY BUTLER**

As you deliver those squishy veggies and juicy fruits to your infant and witness his wild range of reactions, do you ever wonder exactly what he's tasting? Sometimes, the smells just don't do the flavors justice, or at least you hope they don't! Well, we got tired of speculating and finally grabbed our spoons, popped some lids, and got to sampling. As we filled our bellies with baby grub from companies near and far, we found that some flavors really had our mouths watering while others left something to be desired (that "something" being a large swig of liquid refreshment to wash it down). Before you fill your babe with mystery vittles, check out our top choices in the basic baby food groups (pears, sweet potatoes, peas ... the classics!).



Apples to apples

As you're darting through the supermarket aisles, you may find more than one bull's-eye for baby food. That's because some baby labels produce jarred foods while others provide frozen varieties. You may want to stock up on some of each, as both types have their advantages.

Jarred baby food has a long shelf life; it's easy to store or take along on trips for instant infant gratification.

Frozen baby food often has a fresher taste and may retain more nutrients. It's more like what you would blend yourself if you had the time.



[note]

Before you start spooning, check with your baby's doctor and read product labels—certain foods are great from the get-go while others should wait until baby is a little longer in the tooth.

OUR FAVES

runners-up

Pears



Beech-Nut



Jack's Harvest



Yummy Spoonfuls



Healthy Times



Yams and vegetable stock flavored with parsley, thyme, cinnamon and nutmeg.

Sweet potatoes



Yummy Spoonfuls



Earth's Best



Tastybaby



Petite Palate



SPOONS: Bella Luna Toys \$8; ProkTots \$65 (sold with dish, not shown)

OUR FAVES

runners-up



SPOONS: Metal Spoonfuls \$23; Bella Luna Toys \$8; Beehive Kitchenware Co. \$22; Nova \$1; Metal Spoonfuls \$23

The (ir)regulars

Although these fiber-filled flavors may be anomalies in baby's diet, they're sure to keep his digestive system moving right along!

pregnancy newborn

Corn
Tastybaby



Mangos
Yummy Spoonfuls



Blueberries
Jack's Harvest



Lentils
Petite Palate



Prunes
Earth's Best



Spinach
Petite Palate



Broccoli
Jack's Harvest



Peaches
Beech-Nut



One sampler said, "This tastes like Thanksgiving!"

Is your baby ready to start solids?

While many babies dig in at 6 months, some are ready at 4 months and others may wait 'til 8. Discuss a start date with your pediatrician and create a timeline for your little eater.

healthy baby

MEET THE MAKERS

Tasty things come in pretty packages—browse the labels featured in PGN's taste test.

TASTYBABY

Tummy-friendly eats in eco-friendly packaging.



EARTH'S BEST

Nutritious organics in a jar? You bet!



JACK'S HARVEST

Food so good you may want to turn that choo-choo train back your way!



BEECH-NUT

Guaranteed all-natural.



PETITE PALATE

Gourmet meals for little mouths.



HEALTHY TIMES

Cute and convenient organic goods.



YUMMY SPOONFULS

Outstanding flavors with a frothy texture—pure joy.



HAPPYBABY

Allergen-free goodness that gives back: Every purchase benefits Project Peanut Butter, feeding malnourished children in Malawi.

P&N



Dutailier Nursery Gliders

Perfect for breastfeeding and rocking your baby

DUTAILIER 

from

NurtureCenter.com



Each is custom-made for your order

Free Shipping in the U.S.

We send free fabric swatches!

NurtureCenter.com

The Indispensable Source for New Parents



Breastfeeding?

You've got to go to **Bosom Buddies!**

- 13 years in business
- Staff has 90 years breastfeeding experience
- Full line of breastpumps: Medela, Ameda...and more
- Special feeding devices
- Spare parts for pumps and feeders
- Nursing bras: Size 32A to 50L
- Bravado and Glamourmom nursing tanks
- Our certified fitters have fit at least 1000 women
- Unique breastfeeding supplies
- BCLC Lactation consultations available

Check out our Try the Fit Kit® to get the perfect fitting bra, even at home!

 **Bosom Buddies®**

The place to find everything a breastfeeding mom could need.

www.bosombuddies.com

See shopping guide for details