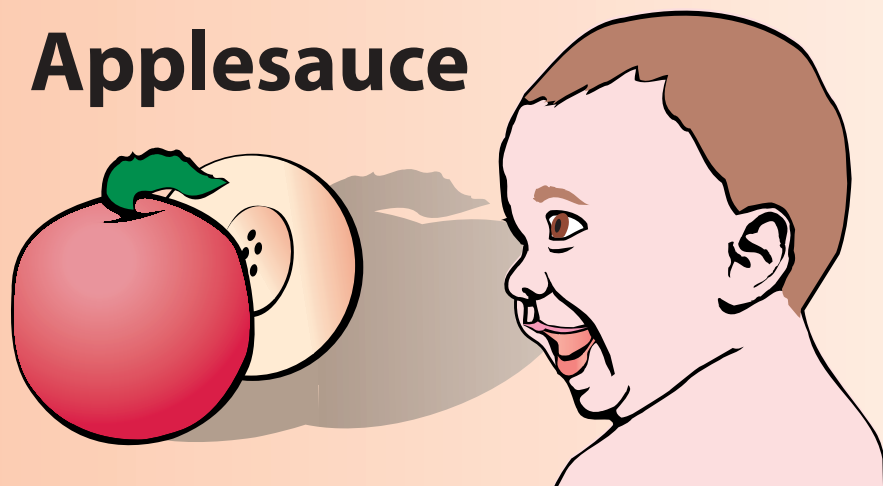




Sample Nutrition Label and Ingredient List for Commercial Jarred Baby Food*

Applesauce



Nutrition Facts
Serving Size 1 jar (140 g)

Amount Per Serving

Calories 80

Total Fat 0 g

Sodium 0 mg

Total Carbohydrate 20 g

Dietary Fiber 2 g

Sugars 12 g

Protein 0 g

% Daily Value

Protein 0% Vitamin A 4%

Vitamin C 45% Calcium 0%

Iron 2%

**INGREDIENTS: APPLES, WATER,
ASCORBIC ACID (VITAMIN C)**

*Note that manufacturers may include information on the content of additional nutrients (e.g., zinc, potassium, B-complex vitamins) on the nutrition label of foods for children under 2 years of age. Information about other essential vitamins and minerals is mandatory only when they are added to enrich or fortify a food, or when a claim is made about them on the label.

Definitions:

% **Daily Value** shows how a food fits into the overall daily diet of the child. It shows what percent of the nutrient is provided from one serving of the food to meet the daily dietary needs of the child.

Serving Size is the basis on which manufacturers declare the nutrient amounts and % Daily Values on the label. It is the amount of food customarily eaten at one time.

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Commercially Prepared Baby Food

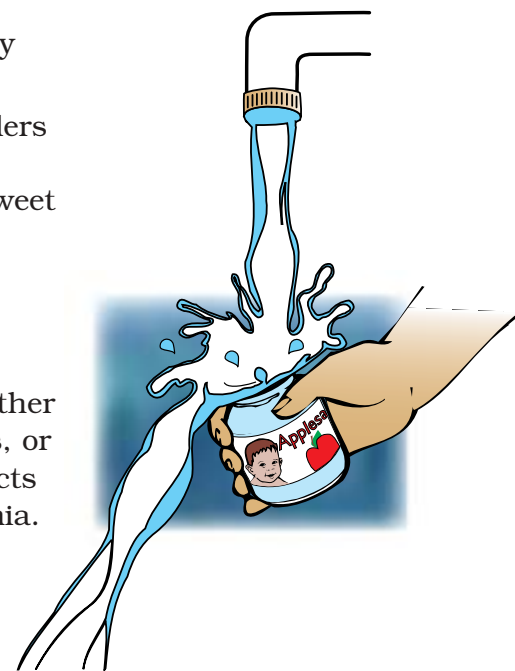
Commercially prepared baby foods are safe, sanitary, and nutritious. Below, and in Figure 11, are guidelines on purchasing, serving, and storing commercially prepared baby foods.

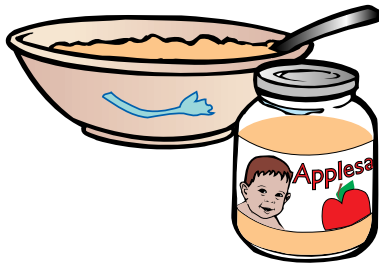
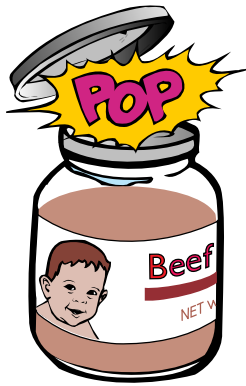
Purchasing Baby Food

- Look at the “use-by” dates for purchase and use of unopened baby food jars or other commercial baby food. If the date has passed, do not purchase or use the food.
- Buy baby food jars that are clean on the outside and do not have a broken vacuum seal. The seal is broken if the button in the center of the top is popped out. Do not purchase or use sticky or stained jars, jars with rusty lids, or cracked jars (the food in such jars would contain germs and may contain glass chips). Do not purchase or use any jar with the vacuum seal already broken.
- Choose single-ingredient baby foods and ones containing a small number of simple ingredients. Some combination foods or dinners with many different types of ingredients may have less nutritional value by weight than single-ingredient foods mixed together. Plain meat and plain vegetables can be mixed together if the baby likes the taste. Plain fruits can be served instead of baby food desserts.
- Read the ingredient list and the nutrition label on the food package. See the sample food label on page 78. Avoid baby foods containing added salt and sugar.
- Avoid desserts such as baby puddings, custards, and cobblers because they are high in sugar. Babies do not need added sugar and should have the opportunity to have naturally sweet foods such as fruit.
- For babies 6 to 12 months of age, choose baby foods that progress in texture and thickness to challenge the baby to learn new mouth skills.
- Do not feed commercial baby food dinners, vegetables, or other products containing milk, yogurt, cheese, whole milk solids, or nonfat dry milk to babies who cannot consume milk products because of milk allergies, lactose intolerance, or galactosemia.

Serving Baby Food

- Look at the “use-by” date on the baby food jar. If the date has passed, do not use the food.





- Wash the jar and lid of baby food before opening it.
- Be sure the vacuum seal has not been broken before using. You should hear a pop when you open the lid of the jar.
- **Do not tap the jar lid with a utensil or other object or bang it against a hard surface—this could break glass chips into the food.** If a grating sound is heard when opening the jar lid, check if there are any glass chips under the lid. Always look at the food for any abnormal pieces when removing it from the jar.
- Since babies usually do not finish a small jar of baby food at one feeding, remove enough food from the jar for one feeding and put it in a dish for serving. Do not use the baby food jar as a serving dish. If the spoon used for feeding is put back into the jar, the baby's saliva will contaminate and spoil the remainder of the food. If more food is needed from the jar, use a clean spoon to remove it.
- **Do not leave baby food in jars to heat in a microwave oven—this may heat food unevenly and then the food could burn the baby's mouth.** Instead, remove the food from the jar and heat it only until warm on a stove, in a food warmer, or in a microwave oven. Then, stir it, and test its temperature before feeding. If a microwave oven is used to heat food removed from a jar, let the food sit for a few minutes, stir thoroughly, and test its temperature.
- Throw away any leftover food in the dish. Do not put it back into the jar because it could make the food in the jar spoil.
- The desired amounts of plain meats and plain vegetables can be mixed together. Some infants will accept meat better when it is mixed in this manner.

Storing Baby Food

- Observe “use-by” dates for pantry storage of unopened baby food jars. If the date has passed, throw out the food. Rotate the inventory of baby food. Store the unopened jars in a cool dry indoor place—not in a refrigerator or in a vehicle, a garage, or outdoors.
- Once a jar is opened and some food is removed, label and date the jar, store any remaining food immediately in the refrigerator, and use it within 2 days. However, baby food meats and egg yolks should be used within 24 hours. Throw out food not used within those time periods. Keep masking tape and a marker in the kitchen to use in marking food with the date and time opened.
- Regularly check to make sure the refrigerator is cold enough, 40° F or below, to keep food safe (see page 74).

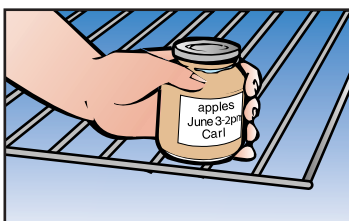
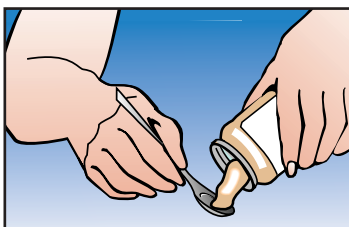


Figure 11

Using Commercially Prepared Baby Food

Keep the baby's food clean to keep it safe. Remember to wash your hands before handling any food (See Figure 10 on Hand Washing Tips).

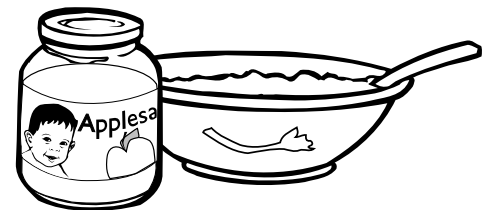
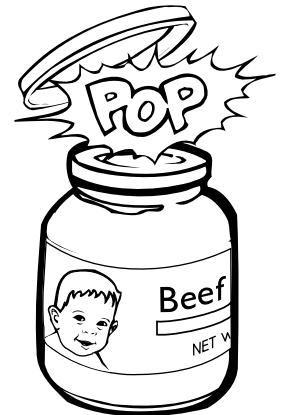
When you buy baby foods:

- Look at the “use-by” date on baby food jars. If the date has passed, do not buy or use the food.
- Buy baby food jars that are clean on the outside and do not have a broken vacuum seal. The seal is broken if the button on the center of the top is popped out.
- Single-ingredient baby foods, like single vegetables, fruits, and meats provide more nutrition ounce for ounce than baby food combination dinners and baby food desserts. Plain meats and plain vegetables or fruit can be mixed together if the baby likes the taste. Fruit can be served instead of a baby food dessert.
- Read the ingredient list on the baby food label. This way you can tell if foods contain vegetable, fruit, or meat as the first ingredient and if they have added salt, butter, oil or cream, sugar, corn syrup, or other ingredients.



When you serve baby food in jars:

- Look at the “use-by” date on the baby food jar. If the date has passed, do not use the food.
- Wash the lid and jar of baby food before opening.
- Make sure the jar lid is sealed and has not been broken before opening it. If the seal has not been broken, you should hear a “pop” noise when you open the lid of the jar.
- Do not tap the jar lid or bang it to open it—this could break glass chips into the food.
- Remove enough food from the jar for one feeding. Look closely at the food to make sure there are no abnormal pieces in it. Place the food in a dish for feeding. This way the baby's saliva on the spoon will not spoil the leftover food in the jar. If additional food is needed, use a clean spoon.
- If needed, warm the baby food on a stove or in a food warmer. Stir the food and test its temperature before feeding. Do not leave baby food in jars to heat in a microwave—the food can get very hot and could burn the baby's mouth.
- Throw away any leftover food in the dish. Do not put it back in the jar.



When you store baby food in jars:

- After opening a jar, replace the lid and place it in the refrigerator. Label the jar with the child's name and the date and time that it was opened. Use the food within 2 days, except for baby food meats and egg yolks which should be used within 24 hours. Throw out foods not used within those times.
- Regularly check to make sure that your refrigerator temperature is cold enough (40° Fahrenheit or lower) to keep the food safe.
- Look at the “use-by” date on the jar when storing unopened jars. If the date has passed, throw out the food and recycle the jar.
- Store unopened jars in a cool dry place like a kitchen cabinet or pantry (not in the refrigerator, car, garage, or outdoors).
- Rotate the stored jars so that you use the food previously purchased prior to newly purchased food.

