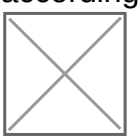
What are the Common Baby Foods?

Detail Introduction :

Baby food is essential for the growth and development of babies. When babies reach a certain stage of gr need food other than breast milk to supplement their body's nutritional needs. Baby Food Production produce a wide range of high quality baby food to meet the needs of growing babies. What are the mos baby foods?

Currently, the five most common types of infant food are formula, complementary foods (cereal pow fillings), nutritional supplements and infant formula for special medical purposes. Infant food should be according to the growth and development of the infant, and the food needed varies according to the age.



Formula can provide infants with the nutrition they need for growth and development and is a good sub breast milk. There are two main types of formula, one is milk-based infant formula, which is what we com infant formula, and the other is soya-based infant formula.

The two main types of common complementary foods for infants are cereal-based and filled foods. The m of cereal-based foods are rice flour, biscuits, nutritional powders, noodles, etc. Among them, iron-fortified is the most commonly consumed, which can supplement the deficiency of breast milk type, has rich prepare for weaning, and has a great role in promoting the growth and development of infants.

Filled foods refer to foods in sealed containers, ready to eat semi-liquid foods such as juices, vegetal purees, meat purees and vegetable purees, etc. They can provide infants with sufficient vitamins, min dietary fibre to supplement their growing needs.

Infants often take probiotics, calcium, iron and zinc supplements, VD and DHA, etc. Before birth, infan certain amount of vitamin reserves in their bodies and normally do not need additional supplements for th months, but if the supply of nutrients in breast milk is not sufficient, the vitamin reserves in the infant's bo quickly depleted and nutritional supplements are needed at this time.

Infant formulae for special medical purposes refer to foods in powder or liquid form designed to meet the needs of infants with special medical conditions such as special disorders and diseases. Commonly ava lactose-free or low-lactose formulas, partially hydrolysed milk protein formulas, deeply hydrolysed m formulas or amino acid formulas, and breast milk supplements, etc. The conditions for which different available vary.

This is an introduction to the types of common baby foods. When choosing foods for babies, you shou good quality, healthy foods for them that are suitable for their growth and development. It is also importa attention to some issues when feeding your baby and the correct way to feed them to ensure their healthy

Notes on adding baby food:

1. Adding baby food should be done gradually and slowly, from less to more, from thin to thick, from fine and when the baby is used to the new food, increase the amount slowly.
2. When adding baby food, if the baby cannot accept it for the time being, try again next time or change th eat it, as some foods require several attempts to be accepted by babies.
3. the infant food should be diversified, the taste should also be rich and diverse, mixed cereals, meat, v and fruits should be involved, so as to ensure a comprehensive and balanced intake of nutrition.

This is the content of this article, I am sure you have read it to understand baby food and the things to pay to when adding baby food. Baby Food Production Line can be used to produce baby food that is of very hi and a best seller in the market, so you can buy food that is suitable for growing babies.