Food Ideas: Strained Foods

Strained foods are for babies just beginning to eat solids and for older children who do not have adequate chewing skills. These foods are very smooth in consistency and do not have lumps.

Even though the texture is consistent, a wide variety of strained foods can be offered. It’s possible for your child to have an exciting choice of foods and flavors while still eating foods that are both safe and age-appropriate.

Be sure to introduce any new foods one at a time, waiting three days in between. This provides enough time to watch for signs of allergy (such as vomiting, diarrhea, skin reactions, or respiratory problems).

Check with your feeding team if you have questions about which foods are appropriate for your child.

**Popular Smooth Foods**

- baby rice cereal
- pureed vegetables such as squash, sweet potato, green beans, spinach, and others
- pureed fruits such as apricots, peaches, prunes, pears, mangos, papayas, and others
- applesauce
- ripe banana blended with milk or mashed very fine
- yogurt
- mashed regular or sweet potatoes with added liquid, such as breast milk or formula; for sweet potatoes, added juice
- pureed beans with added liquid
- avocado with added liquid
- mashed egg yolk with added liquid
- pureed stew
- custard

**Pureed Table Foods**

Many table foods can be pureed to provide a nice variety of strained foods for your child. You may need to add liquid to get the right texture. Some liquids to try include breast milk, formula, fruit juices, and water. For a creamier strained food, try adding sour cream, mayonnaise, plain yogurt, and whipping cream. Here are some old favorites to start with. Go on and create your own favorites.

- macaroni and cheese
- turkey with rice and vegetables
- veal with mixed vegetables
- beans and rice with cheese
- chicken with noodles
- spaghett
- tuna casserole
- ham and vegetables
- beef with pasta and tomato
- lasagna
- lamb and baked potato
- fish with vegetables and rice

**Special Instructions**