



Gerber.

# Use baby cereal to offer your baby a variety of textures



## Readiness cues:

- ✓ Good head control
- ✓ Sits independently
- ✓ Brings objects to mouth
- ✓ Seems interested in food

Offering a variety of textures helps baby develop eating skills:

Check it out!

- Baby cereal can be made with breastmilk, infant formula or water
- Always pour cereal amount in bowl first, close canister, and then add your liquid to the bowl
- Use different amounts of liquid to offer a variety of textures



 1/4 cup cereal  
+  
 1 cup breastmilk, formula or water

## Thin

Mix to look like tomato soup



 1/4 cup cereal  
+  
 1/2 cup breastmilk, formula or water

## Smooth

Mix to look like a smoothie



 1/4 cup cereal  
+  
 6 tablespoons breastmilk, formula or water

## Thick

Mix to look like hummus



 1/4 cup cereal  
+  
 1/3 cup breastmilk, formula or water

## Lumpy

Mix to look like mashed potatoes

Texture Tip: **Cereal + Purees** Mix a tablespoon of baby cereal into baby food fruit and veggies purees to add a new texture to your baby's diet. Stir well!