

When Should Babies Stop Eating Purees?

The baby's diet is very important in the growth process. Because the baby grows very quickly, the baby's diet within one year of age must be changed from breast milk to fruit puree and finally to solid food. Fruit puree is a very important transition. Baby eats fruit puree has also many benefits.

Starting to eat fruit puree when the baby is about 4 months old can effectively exercise the baby's chewing ability. And it can cultivate the baby's correct eating habits, so that the baby can better adapt to solid foods. As the baby's teeth grow, the fruit puree should be replaced by solid food, so when should we stop feeding the baby fruit puree?

The correct way is to start eating fruit puree for the baby at 4 months. Gradually you should change the consistency of the fruit puree at 7 months, and stop eating the fruit puree completely at 12 months. You should start giving the baby solid food. This is the diet that is most conducive to the growth and development of the baby.



So in what way should we stop the baby from eating fruit puree?

The first thing is to increase the consistency of the puree. Add another food to the puree, such as potatoes or rice. Just use a food processor to crush them. This will increase the consistency of the puree.

Secondly, when making the puree, half of the fruit can be mashed, and the other half of the fruit is just crushed. So the consistency of the puree will be effectively improved when mixed together.

Or add some thick yogurt after grinding the fruit, so that not only the taste will become richer, but the consistency will also increase.

Finally, you can prepare some solid foods, such as boiled carrots or bananas, so that your baby can eat some softer solid foods when eating fruit puree.

The choice of baby food is very important. Babies at different stages should also eat different foods. Baby food in the store can help parents reduce a lot of unnecessary troubles.

If you want to get high-quality baby food, you must use a professional baby food production line. [Shandong Loyal Industrial Co., Ltd.](#) is a professional food machinery manufacturer with many years of research and development experience. The snack food extruder, soybean meat machines and feed production lines have been exported to many countries, bringing huge profits to local customers.

Our [baby food production line](#) can realize automated production. Both the main parts and accessories are of high quality. The production process is clean and hygienic. The production quality is also among the best in the industry. The most important thing is that the production line can use long time and has high quality. It is easy for operation and maintenance, which can save time and effort for manufacturers.

Fruit puree is an important dietary stage in the growth process of babies. The market demand is huge. It should gradually transition from puree to solid food at about seven months. If you have any questions, please contact us and we will be happy to help you service!