

# What Vegetables Should Baby Eat First?

Babies are the key protection objects in a family, especially in the diet is to be very careful. Because the baby's stomach is relatively fragile. Once the food is inappropriate, it will bring various discomforts to the baby. The baby's growth process is mainly breast feeding. But when the baby is 4 months old, it should be appropriate to add some complementary food. So it can better help the baby to exercise chewing ability. And it can lay the foundation for good eating habits in the future.

This stage the baby should assist food with various mud food is given priority to, such as fruit, vegetables, mud, mud baby rice noodles, and so on, while all kinds of vegetables are often for us, but this is the baby for the first time in life to eat vegetables, when baby choose ingredients may be very attention, so what is the suitable for the baby for the first time to eat the vegetables?



In order to help new parents take better care of their babies, today we recommend some of the most suitable vegetables for your baby's first use.

### **1. carrot**

When steamed and mashed, carrots are sweet and smooth, making them a popular first batch of baby food for babies between four and six months of age. Carrots are high in beta-carotene, which helps keep your baby's eyes healthy.

### **2. sweet potatoes or yams**

Both sweet potatoes and yams are rich sources of vitamins A, B6, C, and E. These nutrients help maintain your baby's vision and immune system. To turn them into mud, simply set the oven to 450°F and pierce each yam and yam with a fork. Bake in the oven for about 50 minutes. When done, the skin of the yam and yam will come off and the meat inside will be very sticky and perfect for babies.

### **3. Broccoli**

Broccoli is rich in nutrients, which can effectively reduce cholesterol and remove toxins from the body. It is very suitable for babies to eat. When eating, steam the broccoli for 10-12 minutes, then use a blender to mash it. And add milk formula and dilute it until it becomes a smooth vegetable puree.

The above three kinds of vegetables are suitable for the baby's first consumption. When choosing the food ingredients for the baby, it is necessary to choose the food ingredients with low allergies. If you are not assured, you can directly buy the baby's first stage baby rice noodles. It is convenient and clean.

The [baby rice noodle production line](#) can produce high-quality baby rice noodles. And they are suitable for babies to eat for the first time. The highly automated production mode makes the production efficiency very high. And it can also effectively reduce the production cost and help manufacturers to obtain higher profits.

If you want to know more about baby rice noodle production line or baby food, please contact us. We [Loyal](#) will give you the most professional reply☑