

# SQUEEZY POUCH FOOD



## IF FEEDING POUCH FOODS...

- ▶ Check the label and look for pouches with more vegetables at the top of the ingredients list. This allows children to develop a taste for vegetables.
- ▶ Do not feed your baby directly from the pouch. Help them learn to use a spoon.
- ▶ Combine pouch foods with foods made at home so your baby gets to try a wide variety of foods.
- ▶ Choose meat and vegetable pouches with no added fruit.
- ▶ Discard if not consumed within 2 hours.
- ▶ Use homemade food most of the time. Save pouches for 'sometimes' foods.



## WHEN USED OFTEN...



- ▶ Increases sugar intake.
- ▶ Can delay development of speech.
- ▶ Increases risk of tooth decay.
- ▶ Reduces trying new foods and textures which can lead to fussy eating.