

# What age do you feed babies baby food?

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Newborn babies are mainly fed with breast milk and infant formula. But as babies grow up, they need nutrition to maintain their body growth and development, so just breast milk and formula feeding can't meet the nutritional needs of babies. At this time, some food supplements should be added to the baby's diet. However, many new parents are inexperienced and do not know when to add complementary foods to their babies, so at what age should babies add some complementary foods?

What age do you feed babies baby food?

The baby's diet is based on breast milk and infant formula, but when the baby is about four months old, supplementary food should be added. But the baby food added should only exist as a supplementary food and should not be given to the baby as the main food. Only in this way can the baby fully absorb the nutrients in the food to better promote the growth and development of the baby's body.



However, because babies have individual differences, parents should decide when to add complementary foods to their babies according to their babies' performance. When babies can sit steadily without any support, it means they can safely chew and swallow every bite without danger.

Secondly, when babies are aware that they want to eat food, they will want to grab food from adults when they see it, and when the mouth and tongue can know how to deal with these foods, parents can safely give their babies some complementary foods.

What are the benefits of adding complementary foods?

When babies are 4-6 months old, their teeth start to erupt, and they gradually show a need for fresh addition, when they are 4-6 months old, it is also the best time to exercise their chewing function, which better promote the development of their mouth. And at this stage, the secretion of the baby's digestive glands, especially the secretion of amylase in the saliva, has reached a certain amount, which has helped the digestion of some supplementary foods.

What kind of complementary foods should I give my baby?

When babies are first introduced to fresh food, baby food such as rice flour should be the main food. As babies' teeth have not yet fully grown, these pureed foods can be better swallowed by babies without the risk of choking. Not only can they provide adequate nutrition for the baby, but as a transitional supplement, they can promote the baby's oral development and better allow the baby to adapt to some fresh foods.



Parents can either make baby food by themselves or go directly to the store to buy it. The baby food sold in the store is produced with high-quality equipment and uses professional recipes, which have very high standards in food quality and food safety.

Baby Food Production Line is made of food-grade stainless steel, reliable equipment, fully automated production methods and self-cleaning system, high production efficiency, clean and hygienic production process without pollution, has a high quality of hygiene. The production of baby food is rich in nutrients, suitable for baby food. In addition, the Baby Food Production Line is versatile and can be used to produce a variety of foods such as sesame paste and rice flour for the elderly.

Baby food is an important transition in the baby's diet, and the market demand is very high. The use of modern equipment will provide the most favorable production and processing methods for the majority of manufacturers!