Eating Smart throughout the Lifecycle

Apples for the Family

Servings and Serving Size Dependent upon Age of Child

1–2 tablespoons for a 6–9 month old child, puree consistency

Familie

Eating Smart and Moving More

3–4 tablespoons for a 9–12 month old child, puree consistency, or diced



recipe are Gala, Rome, Braeburn or Macintosh.

Nutrition information

Per 1/2 cup

70 calories	
Total Fat	0 g
Saturated Fat	0 g
Protein	0 g
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sodium	0 mg

Ingredient

• 1 medium apple

Directions

This recipe is written so that apple puree, applesauce or cooked apples can be made.

- 1. Peel, core and cut 1 apple into slices or chunks.
- 2. Place slices or chunks into a pan with just enough water to slightly cover the apple pieces.
- 3. Boil until tender. Be sure to stir and check the water level often.

Based on the age of the child, continue by following the appropriate process:

For a puree consistency: Mash apple with a potato masher or the back of a spoon to achieve a smooth applesauce texture. Use a little of the leftover water to thin out the apples, if necessary. Place the apples into a blender and blend to achieve a smooth, thin puree. Cool before offering to the child.

For sauce: Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. Add water if necessary. Cool before offering to the child.

For diced, cooked apples: Cut the slices or chunks into desired size. Cool before offering to the child.

ᄎ MOVE MORE



Be Active with Baby

Let your baby see that moving more can be fun! Place your baby in a high chair or stroller and do leg lunges facing your baby. Each time you lunge forward, tell your baby you love them, blow them a kiss, or say, "Hello" and their name. Count your lunges out loud. Your baby is watching, listening and learning.













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