

## Avocados: A Good “First” For Baby

(NAPSA)—Along with baby’s first steps and first words, a child’s first solid foods are an important milestone in early development. Like adults, most children can benefit from incorporating fruits and vegetables into their diet every day. Introducing nutrient-dense, delicious fruits, such as Hass avocados, to children in their earliest months of life goes a long way towards ensuring they continue to eat well throughout adulthood.

The American Academy of Pediatrics recommends that solid foods be introduced to infants between four and six months of age, and that for the first year foods be mashed or puréed.

The creamy consistency and mild taste of avocados makes it one of the best first fresh fruits a baby can enjoy. One-fifth of a medium avocado, or about one ounce, has 50 calories, along with 3.5 grams of unsaturated fats, which are known to be important for normal growth and development of the central nervous system and brain. Additionally, avocados contribute nearly 20 vitamins, minerals and phytonutrients to the diet.

For a quick snack for infants, simply mash a Hass avocado with a spoon and feed directly to baby. When you start introducing your baby to foods with multiple ingredients, here’s a quick, yummy recipe:

### Easy Hass Avocado and Fruit Baby Food

Serves: 1

Prep Time: 5 minutes

#### Ingredients

**1/8 ripe, fresh Hass avocado, peeled, seeded and scooped out\***



**Avocados are a great first food for babies. Toddlers also will love these quick mini avocado sandwiches.**

**1 oz. puréed fresh fruit, such as peaches, pears or bananas (prepared first baby foods also can be used)**

**2 oz. prepared infant yogurt, any flavor**

#### Instructions

**1. In a small dish, finely mash the avocado and mix with fruit purée and infant yogurt. Serve to baby for a quick meal.**

*Nutrition Information Per Serving: Calories 110; Total Fat 4 g (Sat 0 g, Trans 0 g, Mono 2 g, Poly 0.5 g); Cholesterol 3.4 mg; Sodium 34 mg; Carbohydrate 17 g; Fiber 1.25 g; Protein 3.3 g*

As children move into the toddler stage, you can try this quick, on-the-go snack:

### Fun-Shaped Mini Hass Avocado and Cheese Sandwiches

Serves: 4

Prep Time: 10 minutes

#### Ingredients

**8 slices whole-wheat bread, crusts removed**

**1/2 ripe, fresh Hass avocado, peeled, seeded and scooped out\***

**1 Tbsp. apple juice**

**4 slices American cheese**

#### Instructions

**1. Using a rolling pin, roll out each bread slice until very thin; set aside.**

**2. In a small bowl, combine avocado and apple juice. Mash until smooth.**

**3. Divide avocado mixture between half of the bread slices, mounding in the center of each slice. Top avocado mixture with a cheese slice.**

**4. Place a second slice of bread on top of each piece of cheese. Use fingers to press on bread about 1 inch from edge on all sides to seal avocado-cheese filling inside the bread.**

**5. Use various sizes and shapes of cookie cutters to cut out mini sandwiches.**

*Nutrition Information Per Serving: Calories 280; Total Fat 12 g (Sat 5 g, Trans 0 g, Mono 5 g, Poly 1.2 g); Cholesterol 20 mg; Sodium 670 mg; Carbohydrate 34.8 g; Fiber 5 g; Protein 12 g*

*\*Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.*

For other simple, kid-friendly recipes that feature Hass avocados, visit [avocadocentral.com](http://avocadocentral.com).