



Nutrition your baby needs

It's important for your baby to get the nutrition she needs to grow up healthy. Right now breastmilk or formula is her main source of nutrition, but as your baby expands her solid-food diet, variety is important. Check out the chart below to learn more about some nutrients and what foods supply them.

Why it's important Food sources

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Iron	Important for physical growth and mental development	<ul style="list-style-type: none"> Breastmilk or GERBER® GOOD START® 2 formulas GERBER® Dry Cereals: ½ cup (2 servings) has 90% of the daily value of iron for babies GERBER® 2ND FOODS® Beef and Beef Gravy GERBER® GRADUATES® Puffs and LIL' CRUNCHIES® snacks 	
Zinc	A building block of your baby's immune system	<ul style="list-style-type: none"> GERBER Cereals GERBER® 2ND FOODS® Beef and Beef Gravy GERBER® GRADUATES® WAGON WHEELS® snacks 	
Calcium	Helps your baby grow strong bones and teeth	<ul style="list-style-type: none"> Breastmilk or GOOD START 2 formulas GERBER® Yogurt Juice GERBER® Yogurt Blends 	
Vitamin C	An essential building block of your baby's natural defense system. When eaten with iron-rich foods, can help her absorb iron better	<ul style="list-style-type: none"> GERBER® Yogurt Juice, Harvest Juice and 100% Juices provide 100% of the daily value of vitamin C per serving GERBER® 3RD FOODS® fruits, such as Banana Strawberry, provide 45% of the daily value of vitamin C per serving. Also available in GERBER® Organic. 	
Vitamin A	Helps promote healthy vision and cell growth throughout the body	<ul style="list-style-type: none"> GERBER® NATURESELECT™ 3RD FOODS® dinners like Chicken Noodle, Vegetable Beef and Turkey, Rice & Vegetables GERBER® NATURESELECT™ 3RD FOODS® vegetables like Sweet Potatoes and Squash GERBER® Harvest Juice is an excellent source of vitamin A from beta carotene 	
Protein	Essential for your baby's growth and development	<ul style="list-style-type: none"> GERBER® 2ND FOODS® Beef and Beef Gravy 	
DHA	Building block of brain tissue that helps support your baby's brain and eye development	<ul style="list-style-type: none"> GERBER® DHA & Probiotic Oatmeal Cereal GERBER® DHA & Probiotic Rice Cereal GERBER® 2ND FOODS® dinner purees with DHA, such as Vegetable Risotto with Cheese and Garden Vegetables with Whole Wheat Pasta 	

Remember to use your baby's developmental cues to determine her readiness before introducing a new food.