

The big squeeze on baby food pouches



What are baby food pouches?

- Pureed foods in a squeezable bag with a spout and cap
- Often contain a mix of fruit, vegetables, and/or grains
- Popular because they are quick, easy to use, and less messy than spoon or self-feeding

Baby food pouches can be an easy snack on the go, but it's best to use them only occasionally and avoid using them to replace meals and snacks made with whole foods.

What to consider if using baby food pouches:

1. **Food pouches limit exposure to different food textures. Babies need a variety of food textures to learn how to chew, swallow and accept different textures.**

Tip: Offer other food textures like mashed, lumpy, finely chopped, or soft finger-foods, so that your child learns to accept these textures. For more tips on starting solids, scan the QR code for "Healthy Eating for Babies 6 to 12 Months" on the next page.

2. **Pureed foods often have sugar that can increase the risk of cavities.**

Tip: Offer pouches with other foods at meals or snacks. Practice good oral care by rinsing with water after eating and brushing teeth with fluoride toothpaste twice daily.

3. **Eating straight from a pouch can stop kids from exploring foods with their senses, which is normal and helps with food acceptance and motor skill development.**

Tip: Squeeze the food into a bowl and let your child eat it with their own spoon and explore it with their hands. Add in a fork-mashed food to give your baby more texture.



What to consider if using baby food pouches (continued):

4. Pouches might not have important nutrients like iron and could have unnecessary added salt or sugar.



Tip: Try to find food pouches with no added salt or sugar. Offer iron-rich foods like meats, beans, eggs, or fortified infant cereals, 2 to 3 times a day.



5. Food pouches can limit children from joining family meals, which are important for learning skills like chewing, trying new foods, and talking. Eating together also helps children feel connected and loved.

Tip: Aim to eat with your child at least once or twice a day. Offer foods from the family meal, modified as needed to reduce choking risk. Check out “Eating Together, Eating Better” using the QR code below for more tips on family meals.

More information



[Healthy Eating for Babies 6 to 12 Months | Island Health](#)



[Eating Together, Eating Better | Island Health](#)



[Nutrition Resources | Island Health](#)



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