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The great baby food taste test

That's right, the *P&N* staff took one for Team Parenthood: We reverted to our baby ways and got back to basics with the flavors that first tickled our taste buds (and just a few that made us wish spitting up was still acceptable). **PRODUCED BY GINNY BUTLER**

As you deliver those squishy veggies and juicy fruits to your infant and witness his wild range of reactions, do you ever wonder exactly what he's tasting? Sometimes, the smells just don't do the flavors justice, or at least you hope they don't! Well, we got tired of speculating and finally grabbed our spoons, popped some lids, and got to sampling. As we filled our bellies with baby grub from companies near and far, we found that some flavors really had our mouths watering while others left something to be desired (that "something" being a large swig of liquid refreshment to wash it down). Before you fill your babe with mystery vittles, check out our top choices in the basic baby food groups (pears, sweet potatoes, peas ... the classics!).



{ note }

Before you start spooning, check with your baby's doctor and read product labels—certain foods are great from the get-go while others should wait until baby is a little longer in the tooth.

Apples to apples

As you're darting through the supermarket aisles, you may find more than one bull's-eye for baby food. That's because some baby labels produce jarred foods while others provide frozen varieties. You may want to stock up on some of each, as both types have their advantages.

Jarred baby food has a long shelf life; it's easy to store or take along on trips for instant infant gratification.

Frozen baby food often has a fresher taste and may retain more nutrients. It's more like what you would blend yourself if you had the time.

OUR FAVES

runners-up

Pears



Beech-Nut



Jack's Harvest

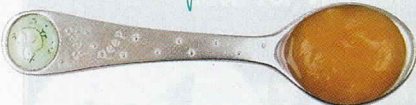


Yummy Spoonfuls



Healthy Times

Sweet potatoes



Yummy Spoonfuls



Earth's Best



Tastybaby



Petite Palate

the wild card



Yams and vegetable stock flavored with parsley, thyme, cinnamon and nutmeg.



pregnancy & newborn

SPOONS: Bella Luna Toys \$8; PoshTots \$65 (sold with dish, not shown)

OUR FAVES

runners-up



SPOONS: Metal Morphosis \$23; Bella Luna Toys \$8; Beehive Kitchenware Co. \$22; Nova \$7; Metal Morphosis \$23

The (ir)regulars

Although these fiber-filled flavors may be anomalies in baby's diet, they're sure to keep his digestive system moving right along!

Corn
Tastybaby



Mangos
Yummy Spoonfuls



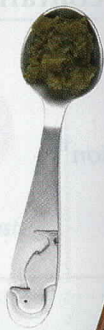
Lentils
Petite Palate



Prunes
Earth's Best



Spinach
Petite Palate



Broccoli
Jack's Harvest



Peaches
Beech-Nut



One sampler said,
"This tastes like Thanksgiving!"

Is your baby ready to start solids?

While many babies dig in at 6 months, some are ready at 4 months and others may wait 'til 8. Discuss a start date with your pediatrician and create a timeline for your little eater.