Sweet Potato and Carrot Puree
Starting at 6 months of age, infants can start having pureed foods. Start with vegetables, then meats, and lastly fruits.

**Nutrition Facts on Reverse**
## Nutrition Facts

8 Servings  
**Serving size** 1/2 cup  

### Amount per serving  
**Calories** 70  
Calories from Fat 0  

**Total Fat** 0 g  
- Saturated Fat 0 g  
- Trans Fat 0 g  
- Monounsaturated Fat 0 g  

**Cholesterol** 0 mg  

**Sodium** 55 mg  

**Total Carbohydrate** 17 g  
- Dietary Fiber 3 g  
- Total Sugars 5 g  
  - Includes 0 g Added Sugars  

**Protein** 1 g  
Vitamin D 0 %  
Calcium 0 %  
Iron 0 %  
Potassium 339 mg  
Phosphorus 6 mg