

15 FOODS NEVER TO FEED YOUR BABY

Babies can eat **most** - but not **all** - foods.

Here are 15 foods you want to steer clear of when starting your baby on solid foods.



1. POPCORN

Whole grains are usually a good idea, but not so with popcorn. Popcorn and popcorn kernels can be a choking hazard.



2. NUT BUTTERS

Almond or peanut butter may be fine for older infants; but, nut butters are not great starter foods as they're sticky and tough to swallow for new eaters.



3. WHOLE NUTS

Earlier introduction of peanuts can help prevent allergy, but avoid whole, intact nuts as they pose a choking risk.



4. WHOLE GRAPES

Grapes are fine if they're cut into quarters for younger infants and at least halves for older babies.

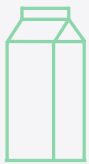


5. WHOLE CHERRY TOMATOES

Your baby will love tomatoes, just steer clear of the whole cherry ones at first. Cut into quarters to start.



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6. COW'S MILK

A little cow's milk cooked into something is fine, but substituting cow's milk for breastmilk or formula before age 1 is not.



7. HARD RAW FRUITS AND VEGETABLES

Hard foods like carrots, apples and pears should be avoided in their raw state, but are fine if cooked until soft.



8. FRUIT JUICE

The American Academy of Pediatrics says no fruit juice for babies before 1. There's no need for it, and fresh fruit is a better bet!



9. CERTAIN TYPES OF FISH

Steer clear of high mercury fish like king mackerel, marlin, orange roughy, shark, swordfish, tilefish and bigeye tuna.



10. HOT DOGS CUT IN COIN SHAPES

Processed meat is high in salt, but if you have to serve hot dogs, do so in matchstick - and not coin - shapes.



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11. DRIED FRUIT

Many dried fruits have added sugars which babies don't need; they're also a choking risk so stick to fresh or cooked soft



12. FOODS WITH ADDED SUGAR

Many baby and kids' foods pack a surprising amount of sugar. Minimized processed and packaged foods that have added sugar..



13. FOODS WITH ADDED SALT

Become a sodium sleuth and read those labels! Season with herbs and spices instead of salt when cooking for your baby.



14. HONEY

Honey is a no-go for babies under age 1. Honey poses a risk for botulism and babies don't need sweetened food anyway! 😊



15. HARD CANDIES

Same as with honey, babies don't need dessert! But hard candies pose an added risk as they are a choking hazard.

