

Most babies can start eating finely chopped foods when they are about 8 to 10 months old. You may offer some table foods, but be careful.

safe foods for your baby

What foods can't my baby eat?

choose foods wisely

Your baby is little and can become seriously sick from food poisoning.

No honey and foods made with honey.

Your baby could get a serious food poisoning.

Avoid foods that could cause food poisoning:

- Unpasteurized fruit juice
- Raw (Unpasteurized) milk
- Cheese and milk products made from raw milk
- Partially cooked or raw meat, poultry, fish or eggs

Heat ready to eat foods such as deli meats and leftovers until they are steaming hot. Cool before feeding to your baby.

Wash fresh fruits and vegetables before eating.

Any food can cause a food allergy.

If your baby gets a skin rash, gas, vomits, has diarrhea or breathing problems after eating a new food, stop feeding the food and talk to your doctor.

most food allergies are caused by:



other ways to avoid food allergies:

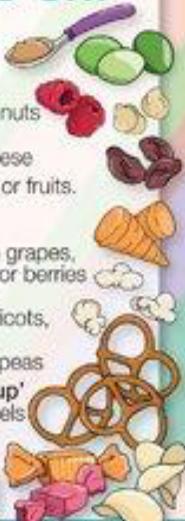
- **Breastfeed!**
- **Wait until your baby is 6 months old** before starting solid foods.
- If your baby was born early or has a family history of allergies, talk to your health care provider. **There may be foods that your baby needs to avoid until he older.**



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a baby **ld choke on:**

eat and chicken sausages
meat sticks
er
inflower seeds and nuts
s
eese or string cheese
y of raw vegetables or fruits.
skin or peels,
bles or peaches
a round shape, like grapes,
s, cherry tomatoes or berries
es of canned fruits
such as raisins, apricots,
chips, dates
hels of corn or raw peas
y breads that 'ball up'
s, corn chips, pretzels
anola, granola bars
cky candy
ws



eed foods or pieces of food
ce or shape of a marble to a baby.

ould choke on any food.

ly chop table foods.
ur baby while he is eating.
sure, talk to your doctor.
ng prevention and first aid for infants.

ed foods high in

sugar, fat and salt:
lks and other sugary drinks
ate, cookies, cake and pie
serts, cookies
ep fried foods
sages, bacon, luncheon meats
baby learn to love the flavors of
s, not foods high in sugar and fat.



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could be obtained from your health care provider. B3-7