

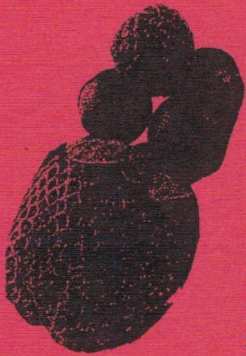
Foods Babies Should Avoid

From the moment your baby was born, you were sure to be concerned about her diet and eating habits. Your caution is warranted, because introducing certain foods during infancy can cause problems-everything from triggering allergies to encouraging unhealthy eating habits. Whether you're breastfeeding or using formula, you should avoid the following foods during her first year and, in some cases, beyond.

Foods that commonly cause allergies

Many physicians suggest that you wait until your baby is 12 months old before giving these:

- Cow's milk
- Egg whites
- Chocolate
- Citrus fruit
- Fish and shellfish
- Nuts and nut butters (such as peanut butter and cashew butter)



Foods that can cause illness

The American Academy of Pediatrics recommends waiting until your baby is 12 months old (or older, if an illness affecting the immune system exists) before giving:

- Honey
- Corn syrup and sugar syrups

Choking hazards

Children under the age of four years are at risk for choking on such substances as:

- Popcorn
- Nuts
- Peanut butter and other nut butters if eaten with a spoon or spread thickly. Reduce the risk by spreading thinly.
- Small, hard candy
- Grapes
- Raw carrots
- Hot dogs. Make them safer by taking off the skin and cutting lengthwise, then again into smaller pieces.



Foods without nutritional value

Giving sweets often encourages babies to prefer them to other, more nutritious foods:

- Candy
- Soda
- Fruit drinks (allow a limited amount of 100 percent juice instead)
- Sweetened cereal



Giving salty foods also may encourage your child to develop a preference for them. Some people are salt sensitive and are more likely to have high blood pressure, so getting into the salt habit early can be a bad idea. Salty foods that provide little nutrition include:

