

peanut butter

for older babies

Around 6 months of age, when your baby is ready, offer a variety of foods - including peanut butter!

Offer only one new food at a time. Wait 2 to 3 days between new foods. This helps you see if your baby has any problems with a food, such as an allergic reaction.

- In a small bowl, stir 2 teaspoons creamy style peanut butter with 2 to 3 tablespoons of fruit or vegetable puree.
- Make sure there are no sticky clumps.
- When your baby is safely eating finger foods, spread a thin layer on whole wheat toast strips.



If your baby has eczema or a family history of food allergies, talk to your doctor before offering peanut butter.

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