

FOODS

Apple for Babies: Safe Preparations from Puree to Finger Food

Apples can be introduced from 6 months when properly prepared. See how to steam, puree, and eventually offer raw apple safely, with portion sizes and serving ideas by age.

Frequently Asked Questions

When can babies eat apple?

Apple can usually be introduced around 6 months, when most babies are showing signs of readiness for solids. It should be served cooked and soft (as a puree or very soft pieces), since raw apple is a common choking hazard. As always, check with your pediatrician about your baby's individual readiness.

Is raw apple safe for babies?

Raw apple is firm and crisp, which makes it a choking hazard for babies and toddlers. Cook apple until soft before serving, or offer it grated very finely. Most experts suggest waiting until closer to 3 years before offering raw apple chunks or slices.

Is apple a common allergen?

Apple is not one of the major allergens, and reactions are uncommon. Some children with pollen allergies may notice mild mouth itching from raw apple, which cooking often reduces. Introduce apple on its own and watch for any reaction, and talk to your pediatrician if you have concerns.

Does apple help or cause constipation?

Whole cooked apple and applesauce provide fiber that can support regular digestion. Apple juice is sometimes used for constipation, but whole pediatric guidance generally discourages juice for babies under 12 months. Offer mashed or pureed apple and plenty of other fiber-rich foods instead.

How do I prepare apple puree for my baby?

Peel, core, and chop the apple, then steam or simmer the pieces until very soft. Blend or mash to a smooth, lump-free puree for early eaters, adding a little water or breast milk to thin it. You can also mix it with oatmeal or banana.

Can I give my baby store-bought applesauce?

Unsweetened applesauce with no added sugar is a convenient option for babies. Check the label to make sure apple is the only ingredient and that there is no added sugar or salt. Homemade puree lets you control texture and freshness.