

## FOODS

# Avocado for Babies: When to Introduce and How to Serve

Avocado is one of the best first foods for babies. Learn when to start (6 months), how to prepare it safely, portion sizes, and why its healthy fats support brain development.

## Key Takeaways

- Avocado can be introduced around 6 months as soon as your baby shows signs of readiness for solids, with no cooking required.
- At 6 months serve it as a smooth mash thinned with breast milk or formula; offer thick, graspable spears once your baby is reaching for finger foods.
- Around 10–12 months, soft bite-sized cubes suit the emerging pincer grasp for self-feeding.
- Avocado is not a common allergen and provides healthy unsaturated fats, fiber, and potassium that support brain development.

## Frequently Asked Questions

### When can babies eat avocado?

Avocado is a great first food and can usually be introduced around 6 months, as soon as your baby is ready for solids. Its soft, creamy texture needs no cooking.

### How do I prepare avocado for a baby?

For 6 month olds, mash ripe avocado until smooth or thin it with a little breast milk. For older babies practicing finger foods, offer thick spears of ripe avocado that are easy to grip.

## Sources

1. Starting Solid Foods — American Academy of Pediatrics
2. Your baby's first solid foods — NHS
3. Foods and Drinks to Avoid or Limit — Centers for Disease Control and Prevention