

FOODS

Baby Rice Cereal: What Parents Should Know

A clear look at baby rice cereal, why iron-fortified versions matter from around 6 months, how to serve it safely, and easy ways to add variety.

Frequently Asked Questions

When can babies have rice cereal?

Many babies can try rice cereal around 6 months, once they can sit with support and have good head control. Your pediatrician can confirm the right timing for your baby.

Why is iron-fortified rice cereal recommended?

Babies' natural iron stores begin to run low around 6 months. Iron-fortified rice cereal adds iron to help meet this growing need, supporting brain development and overall growth.

Do I have to start with rice cereal first?

No. Rice cereal is one option among many. Iron-fortified oat cereal, pureed meats, and other iron sources are equally valid first foods. Talk with your pediatrician about what fits your family.

How do I prepare baby rice cereal?

Mix a small amount of dry cereal with breast milk or formula until smooth and slightly runny. Thicken it gradually as your baby gets more comfortable eating from a spoon.

Is rice cereal a common allergen?

Rice allergy is uncommon. Still, introduce it on its own for a few days and watch for any reaction before combining it with other new foods.

Can I mix fruit into rice cereal?

Yes. Mashed banana, unsweetened apple puree, or mashed avocado are gentle, tasty additions. Avoid added sugar, salt, and honey during the first year.