

FOODS

Banana for Babies: Benefits, When to Start and How to Serve

Bananas are a perfect first food for babies from 6 months. See how to mash, slice, and serve banana safely, plus portion sizes, nutrition facts, and recipe ideas.

Key Takeaways

- Banana can be introduced around 6 months once your baby shows signs of readiness for solids, with no cooking needed, just mash and serve.
- At 6 months offer a smooth mash; from 7–9 months a peeled half makes a graspable spear, and soft coins suit the pincer grasp by 10–12 months.
- Banana is not a common allergen and supplies fiber, potassium, and vitamin B6.
- Very ripe bananas in large amounts can firm up stools in some babies, so balance them with other fiber-rich foods.

Frequently Asked Questions

When can babies eat banana?

Banana can be introduced around 6 months as a first food. It's naturally soft and sweet, needs no cooking, and is easy to mash to a smooth texture.

Does banana cause constipation in babies?

For most babies banana is well tolerated, but very ripe bananas in large amounts can firm up stools in some infants. Balance them with fiber-rich foods like pureed prunes or pears and offer water once solids are established.

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