

FOODS

Barley for Babies: A Wholesome Whole Grain

When and how to introduce barley to your baby, why it contains gluten and should be offered one allergen at a time, plus fiber benefits and serving ideas.

Frequently Asked Questions

When can babies eat barley?

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

Does barley contain gluten?

Yes. Barley contains gluten, so it is considered a common allergen. Introduce it on its own, separately from other new allergens, and watch for any reaction.

How should I introduce barley as an allergen?

Offer barley by itself for a few days without introducing other new allergenic foods at the same time. This makes it easier to spot any reaction. Talk with your pediatrician, especially if there is a family history of allergies.

Is barley good for babies?

Barley is a wholesome whole grain that provides fiber to support digestion and contributes iron and other nutrients as part of a varied diet.

How do I prepare barley for a baby?

Cook barley until very soft, then puree or mash it. Thin with breast milk or formula, or mix with a mashed food like sweet potato or banana for a smooth texture.

Can babies have barley cereal?

Yes. Finely ground barley cooked into a soft cereal works well. Some baby cereals are iron-fortified, which helps meet your baby's iron needs from around 6 months.