

FOODS

Blueberries for Babies: Antioxidant-Rich First Finger Food

Blueberries are a nutrient powerhouse for babies from 6 months when prepared safely. Learn how to serve blueberries as puree and safe finger food pieces by age.

Frequently Asked Questions

When can babies eat blueberries?

Blueberries can usually be introduced around 6 months, when babies show signs of readiness for solids. Because whole blueberries are round and firm, they should be smashed, halved, or quartered to reduce the choking risk. Check with your pediatrician about your baby's individual readiness.

Are whole blueberries a choking hazard?

Yes. Whole blueberries are small, round, and firm, which makes them a choking hazard for babies and young toddlers. Always smash, halve, or quarter them before serving, and continue cutting them until your child can chew well, usually around age 4.

Are blueberries a common allergen?

Blueberries are not one of the major allergens, and reactions are uncommon. As with any new food, introduce blueberries on their own and watch for signs of a reaction. Talk to your pediatrician if your baby has a history of allergies.

Will blueberries change my baby's stool color?

Yes, blueberries can tint stools dark blue, green, or even appear in undigested skin pieces. This is normal and not a cause for concern. If you ever see red blood or black, tarry stools, contact your pediatrician.

How do I prepare blueberries for a 6-month-old?

For early eaters, blend blueberries into a smooth puree, or smash cooked blueberries and stir them into oatmeal or yogurt. Cooking softens the skins and makes them easier to smash. Avoid offering whole blueberries until your child can chew safely.

Are frozen blueberries okay for babies?

Yes. Frozen blueberries are picked ripe and retain their nutrients well. Thaw and smash, halve, or puree them as appropriate for your baby's stage. They are a convenient, year-round option.