

FOODS

Broccoli for Babies: Early Introduction Builds Veggie Love

Introducing broccoli early (6 months) helps babies accept its strong flavor. Learn how to steam, puree, and serve broccoli safely with its impressive iron and vitamin C content.

Frequently Asked Questions

When can babies eat broccoli?

Broccoli can be introduced around 6 months when your baby shows signs of readiness for solids. Steam it until very soft and serve as a puree or as soft florets for self-feeding.

Is broccoli a good first finger food?

Yes. A soft-steamed broccoli floret makes an ideal first finger food because the stalk gives babies something to grip while the bushy top is easy to gum.

Does broccoli cause gas in babies?

Broccoli is a cruciferous vegetable and can occasionally cause gas. Most babies tolerate it well. Introduce it gradually and watch how your baby responds.

Should I serve the broccoli stalk or just the florets?

Both are fine when cooked soft. Florets are easiest for babies to grip and gum. The stalk can be peeled and steamed until very tender, then cut into manageable pieces.

Is broccoli a common allergen?

Broccoli is not a common allergen, though any food can rarely cause a reaction. Offer it on its own at first and watch your baby for a day or two.

How do I store cooked broccoli for baby?

Refrigerate cooked broccoli in a sealed container for up to 3 days, or freeze puree in ice-cube trays for up to 3 months. Reheat thoroughly and cool before serving.