

## FOODS

# Butternut Squash for Babies: Sweet, Smooth and Nutritious

Butternut squash is a favorite first food for good reason. Learn how to roast and puree butternut squash for babies from 6 months, with nutrition facts and easy meal ideas.

## Frequently Asked Questions

### When can babies eat butternut squash?

Butternut squash can be introduced around 6 months when your baby shows signs of readiness for solids. Its soft, smooth texture once cooked makes it an excellent first vegetable.

### Is butternut squash easy to digest for babies?

Yes, butternut squash is gentle on most babies' tummies and rarely causes digestive upset. Its fiber also supports healthy digestion.

### What is the best way to cook butternut squash for baby food?

Roasting or steaming both work well. Roasting deepens the natural sweetness, while steaming is quick and keeps the flesh moist. Cook until very soft, then puree or mash.

### Can butternut squash turn my baby's skin orange?

Like carrots and sweet potato, butternut squash is rich in beta-carotene. Eating a lot of orange vegetables can cause a harmless temporary orange tint called carotenemia that fades on its own.

### Is butternut squash a common allergen?

Butternut squash is not a common allergen, though any food can rarely cause a reaction. Introduce it on its own and watch your baby for a couple of days.

### How do I store cooked butternut squash?

Refrigerate cooked squash 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.