

FOODS

Cheese for Babies: Calcium-Rich Finger Food from 6 Months

Soft cheese is a wonderful calcium and protein source for babies from 6-8 months. Learn which cheeses are safe, which to avoid, portion sizes, and fun ways to serve cheese.

Frequently Asked Questions

When can my baby eat cheese?

Most babies can try cheese around 6 months, once they are ready for solids. Choose pasteurised, mild, low-salt varieties. Check with your pediatrician first.

Why is cheese okay before my baby drinks cow's milk?

Whole cow's milk as a main drink waits until 12 months because it can displace breast milk or formula. Cheese is eaten as a food in small amounts, and aging changes its proteins, so it is fine from around 6 months.

Which cheeses are best for babies?

Choose pasteurised, mild, lower-salt cheeses such as mild cheddar, mozzarella, or full-fat cream cheese and ricotta. Avoid unpasteurised cheeses and soft mould-ripened or blue cheeses.

Is cheese a choking hazard?

Firm cheese cubes can be a choking risk, so grate or thinly slice cheese for young babies and offer soft, easy-to-gum pieces. Always supervise meals.

Is cheese a common allergen?

Cheese is a dairy product, and cow's milk is a common allergen. Introduce it on its own, watch for any reaction, and talk to your pediatrician first if your baby has eczema or a family history of food allergy.

Isn't cheese high in salt?

Some cheeses are quite salty, which is why choosing lower-salt varieties and serving modest amounts matters for babies. Mild cheddar, mozzarella, ricotta, and cream cheese are gentler choices.