

FOODS

Chicken for Babies: Best Iron Source and How to Prepare It

Chicken is packed with iron and protein for growing babies. See when to introduce (6 months), how to puree or shred safely, and easy chicken recipe ideas for every age.

Frequently Asked Questions

When can babies eat chicken?

Most babies can start chicken around 6 months, once they are ready for solids. As an iron-rich food, it is a great early protein to offer. Check with your pediatrician first.

How do I make chicken soft enough for my baby?

Poach, braise, or slow-cook chicken until it is very tender, then puree, finely shred, or mince it. Mixing it with a little broth, breast milk, or a soft puree keeps it moist and easy to swallow.

Is chicken a choking hazard?

Chicken can be a choking risk if served in firm chunks. Keep it moist and either pureed, finely shredded, or in soft, easy-to-gum pieces, and always supervise meals.

Which cut of chicken is best for babies?

Thigh meat is naturally moister and more forgiving than breast, but both work well when cooked gently and kept moist. Always remove skin, bones, and cartilage.

Does chicken help with my baby's iron needs?

Yes. Around 6 months a baby's iron stores begin to run low, and chicken provides well-absorbed heme iron along with protein and zinc, making it a valuable first food.

Can I season my baby's chicken?

Skip salt, but mild herbs and spices are fine and help your baby enjoy new flavors. Avoid heavily salted broths and sauces.