

FOODS

Eggs for Babies: When to Introduce This Protein Powerhouse

Eggs are one of the best first foods and an early allergen to introduce. Learn when babies can eat eggs (6 months), how to prepare them, and what to watch for with egg allergy.

Key Takeaways

- Egg is a common allergen, and current guidance is to introduce it early, around 6 months when your baby is ready, rather than delaying, including the egg white.
- Always serve eggs fully cooked (no runny yolk or soft-set white); offer mashed hard-boiled yolk or soft scrambled egg in finger strips for the youngest eaters.
- Introduce egg on its own, watch for reactions such as hives, swelling, or vomiting within about two hours, and talk to your pediatrician first if your baby has moderate-to-severe eczema or a family history of food allergy.
- Eggs deliver high-quality protein, vitamin D, vitamin A, choline, and a little iron in a soft, gummable package.

Frequently Asked Questions

When can my baby start eating eggs?

Most babies can try eggs around 6 months, once they show signs of readiness for solids such as sitting with support and showing interest in food. Always check with your pediatrician first.

Should I give the whole egg or just the yolk?

Current mainstream guidance encourages offering the whole egg, both yolk and white, rather than delaying the white. The white is where most of the allergenic proteins live, so introducing it early may be helpful. Discuss your baby's situation with your pediatrician.

How do I serve eggs to a 6-month-old?

Offer well-cooked egg that is soft and easy to gum: mashed hard-boiled yolk thinned with breast milk or formula, or soft scrambled egg cut into strips or small pieces. Eggs must always be fully cooked for babies.

What are signs of an egg allergy?

Watch for hives, swelling around the lips or eyes, vomiting, or unusual fussiness within about two hours of eating. Severe reactions are rare but call emergency services for any trouble breathing. Talk to your pediatrician before introducing if your baby has eczema or a family history of food allergy.

Can eggs cause choking?

Eggs are a low choking risk when cooked soft and served in age-appropriate sizes. Avoid large, firm chunks and always supervise meals.

How often can my baby eat eggs?

Once tolerated, eggs can be part of a varied weekly diet. There is no need to limit them to a set number, but offer a range of foods so your baby gets diverse nutrients.

Sources

1. When to Introduce Allergenic Foods to Your Baby — American Academy of Pediatrics
2. Guidelines for Early Food Introduction and Patterns of Food Allergy — American Academy of Pediatrics
3. Starting Solid Foods — American Academy of Pediatrics
4. Your baby's first solid foods — NHS