

FOODS

Green Beans for Babies: A Classic First Vegetable Guide

Green beans are a classic first vegetable for babies from 6 months. Learn how to prepare them as smooth puree or soft finger food pieces with portion sizes for every age.

Frequently Asked Questions

When can babies eat green beans?

Green beans can be introduced around 6 months when your baby shows signs of readiness for solids. Cook them until very soft and serve as a puree or as soft, flattened pieces.

Are green beans a choking hazard?

Whole green beans and firm pieces can pose a choking risk. Cook them until very soft, and for younger babies puree or smash them. For older babies, cut into small pieces and lightly flatten.

Can I use frozen or canned green beans?

Frozen green beans are a great, nutritious option. Choose frozen over canned when possible, since canned varieties often contain added salt. If using canned, pick a no-salt-added version and rinse well.

Do green beans cause gas in babies?

Most babies tolerate green beans well. As with any new vegetable, introduce gradually and watch how your baby responds.

Are green beans a common allergen?

Green beans are not a common allergen, though any food can rarely cause a reaction. Offer them on their own at first and watch your baby for a day or two.

How do I make green bean puree smoother?

Cook the beans until very soft, blend thoroughly with a little liquid, and pass the puree through a fine mesh sieve to remove any stringy bits.