

FOODS

Lentils for Babies: Plant-Based Protein and Iron Powerhouse

Lentils are one of the best plant-based protein and iron sources for babies. Learn how to cook and puree lentils from 6 months and why they belong in every baby's diet.

Frequently Asked Questions

When can my baby eat lentils?

Most babies can try lentils around 6 months, once they are ready for solids. They are a gentle, iron-rich plant protein and a wonderful early food. Check with your pediatrician first.

Do I need to soak lentils before cooking them for my baby?

Soaking is optional but can make lentils cook faster and may be gentler on little tummies. Red and yellow lentils cook quickly and break down into a soft texture without soaking.

Will lentils make my baby gassy?

Some babies are a little gassier when first trying legumes. Starting with small amounts of well-cooked, smooth lentils and increasing gradually usually helps. Mention any persistent discomfort to your pediatrician.

Are lentils a choking hazard?

Well-cooked lentils are soft and low-risk. Mash or puree them for young babies, and always supervise meals.

How do lentils help with iron?

Lentils are one of the best plant sources of iron. Pairing them with a vitamin C food like broccoli or fruit helps your baby absorb that iron more effectively.

Which lentils are best for babies?

Red and yellow lentils cook down soft and creamy, making them ideal for first foods. Green and brown lentils work too once well cooked and mashed.