

FOODS

Mango for Babies: Sweet, Soft and Packed with Vitamin C

Mango is a wonderful first fruit for babies from 6 months. Learn how to prepare fresh or frozen mango, safe portion sizes, and how its vitamin C boosts iron absorption.

Frequently Asked Questions

When can babies eat mango?

Mango can usually be introduced around 6 months, when babies show signs of readiness for solids. Ripe mango is soft and easy to puree or mash, making it a great early fruit. Check with your pediatrician about your baby's individual readiness.

Do I need to cook mango for my baby?

No. Ripe mango is soft enough to puree, mash, or serve in soft pieces without cooking. Just peel it, remove the large pit, and prepare it to a texture that suits your baby's stage.

Is mango a common allergen?

Mango is not one of the major allergens, and reactions are uncommon. The skin contains compounds related to poison ivy that can occasionally irritate sensitive skin, so peel mango before serving. Introduce it on its own and watch for any reaction.

Can mango cause an upset tummy?

Mango is high in natural sugars and fiber, so very large amounts may loosen stools in some babies. Offer it in reasonable portions as part of a varied diet. If your baby has ongoing digestive concerns, talk with your pediatrician.

How do I prepare mango puree?

Peel a ripe mango, cut the flesh away from the pit, and blend or mash it to a smooth puree. Ripe mango is usually soft enough that no liquid is needed, but you can thin it with water or breast milk. It also blends well with banana or oatmeal.

How do I serve mango to avoid choking?

Mango is slippery, so for babies starting finger foods, cut it into manageable strips or small soft pieces and remove any firm or stringy bits near the pit. Always supervise meals with your baby seated upright.