

## FOODS

# Peaches for Babies: Soft, Sweet and Easy to Digest

Peaches make a wonderful first fruit for babies from 6 months. Get preparation tips, portion sizes, nutrition facts, and recipe ideas to help your baby love this juicy fruit.

## Frequently Asked Questions

**When can babies eat peaches?**

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

**Do I need to cook peaches for my baby?**

Very ripe peach is soft enough to mash or puree raw, with the skin removed. Firmer peaches can be steamed briefly to soften them. Always remove the pit and the skin for younger babies, since the skin can be hard to chew.

**Are peaches a common allergen?**

Peaches are not one of the major allergens, but they belong to the stone fruit family and can occasionally cause mild mouth itching in children with pollen allergies. Cooking often reduces this. Introduce peach on its own and watch for any reaction.

**Should I peel peaches for my baby?**

Yes, for younger babies it is best to remove the skin, which can be tough and slippery. You can peel a ripe peach with a knife, or blanch it briefly in hot water to loosen the skin. Always remove the hard pit as well.

**How do I make peach puree?**

Peel a ripe peach, remove the pit, and blend or mash the flesh until smooth. If the peach is firm, steam the pieces first until tender. Add a little water or breast milk to thin it, and mix with oatmeal or banana if you like.

**Can I use canned or frozen peaches?**

Yes. Choose peaches canned in water or their own juice with no added sugar or syrup, and rinse before serving. Frozen peaches are also a good option; thaw and prepare them to suit your baby's stage.

