

FOODS

Pear for Babies: Gentle First Fruit with Natural Fiber

Pear is one of the gentlest first fruits for babies, perfect from 6 months. Learn how to prepare pear puree, its fiber benefits for digestion, and how to serve as baby grows.

Frequently Asked Questions

When can babies eat pear?

Pear can usually be introduced around 6 months, when babies show signs of readiness for solids. Very ripe pear is soft enough to puree easily, and firmer pears can be steamed until tender. Check with your pediatrician about your baby's individual readiness.

Do I need to cook pear for my baby?

Very ripe pear is soft enough to mash or puree raw, with the skin removed. Firmer pears should be steamed or simmered until tender so they are easy to swallow and not a choking risk. Either way, peel the pear and remove the core before serving.

Is pear a common allergen?

Pear is not one of the major allergens, and reactions are uncommon. As with any new food, introduce pear on its own and watch for signs of a reaction. Speak with your pediatrician if your baby has a history of allergies.

Can pear help with constipation?

Pear contains fiber and natural sorbitol, which can have a gentle softening effect on stools. Many parents find pear puree helpful when a baby is a little backed up. Offer it alongside other fiber-rich foods and plenty of fluids, and talk to your pediatrician about ongoing constipation.

How do I make pear puree?

Peel and core a ripe pear, then mash or blend it raw if very soft, or steam the pieces first until tender. Blend to a smooth puree for early eaters, adding a little water or breast milk if needed. Pear also blends nicely with oatmeal or banana.

Can babies have canned pears?

Choose pears canned in water or their own juice with no added sugar or syrup, and rinse them before serving. Fresh ripe pear is ideal, but unsweetened canned pear can be a convenient backup. Always check the label for added sugar.