

FOODS

Peas for Babies: Iron-Rich First Vegetable Guide

Peas are one of the most iron-rich vegetables for babies, perfect from 6 months. Get preparation tips, how to strain properly, and why peas are great for growing babies.

Frequently Asked Questions

When can babies eat peas?

Peas can be introduced around 6 months when your baby shows signs of readiness for solids. Cook them until soft and serve as a smooth puree for younger babies or smashed for older ones.

Are whole peas a choking hazard?

Whole peas can pose a choking risk for younger babies because of their round shape and firm skin. Puree or smash peas for babies under about 9 months, and lightly smash them for older babies and toddlers.

Can I use frozen peas for baby food?

Yes. Frozen peas are picked and frozen at peak ripeness, so they are nutritious and convenient. Simply steam or boil until soft before pureeing or smashing.

Are peas a common allergen?

Peas are legumes and are not among the major allergens, but any food can occasionally cause a reaction. Introduce them on their own and watch your baby for a couple of days.

How do I make pea puree less grainy?

Cook the peas until very soft, blend thoroughly, and pass the puree through a fine mesh sieve to remove the skins for an extra-smooth texture.

Can peas help with iron absorption?

Peas provide vitamin C, which helps the body absorb iron from foods like lentils, chicken, or fortified cereal. Pairing them is a smart way to boost nutrition.