

FOODS

Salmon for Babies: Brain-Boosting Omega-3 First Food Guide

Salmon is one of the best sources of DHA omega-3 for baby brain development. Learn when to introduce (6-7 months), how to prepare it safely, and easy salmon puree recipes.

Frequently Asked Questions

When can my baby eat salmon?

Most babies can try salmon around 6 months, once they are ready for solids. As a fish and a common allergen, introduce it early and on its own. Check with your pediatrician first.

Is salmon safe for babies given mercury concerns?

Salmon is among the lower-mercury fish and is generally recommended as a good choice for babies and children. Variety and reasonable portions are still wise. Ask your pediatrician for advice on fish servings.

How do I check salmon for bones?

Run your fingers gently through every flake of cooked salmon and pull out any bones you feel, including thin pin bones. Do this carefully each time before serving, even with fillets labeled boneless.

How should I serve salmon to a 6-month-old?

Cook salmon fully, then flake it finely and mix it into a smooth puree, or mash it well with a soft vegetable. Keep it moist so it is easy to swallow.

What are signs of a fish allergy?

Watch for hives, swelling, vomiting, or breathing trouble within about two hours. Fish is a common allergen, so introduce salmon alone and talk to your pediatrician first if your baby has eczema or a family history of food allergy.

Is canned salmon okay for babies?

Plain salmon canned in water can work if it is low in salt and carefully checked for bones. Rinse it to reduce sodium and flake it well. Skip salted or smoked versions.