

FOODS

Spinach for Babies: Iron-Rich Leafy Green from 6 Months

Spinach is one of the most nutrient-dense foods you can offer your baby. Learn how to safely puree spinach, pair it with vitamin C to boost iron absorption, and recipe ideas.

Frequently Asked Questions

When can babies eat spinach?

Cooked spinach can be introduced around 6 months when your baby shows signs of readiness for solids. Cook and finely chop or puree it, and blend it with other foods for a milder flavor.

Why should spinach be cooked for babies?

Cooking softens spinach and makes it safer and easier to eat than raw leaves, which can be hard for babies to manage. Cooked spinach also blends smoothly into purees and other dishes.

How can I help my baby absorb the iron in spinach?

Spinach contains non-heme iron, which the body absorbs better alongside vitamin C. Pair spinach with vitamin C foods like a squeeze of citrus, bell pepper, or fruit such as banana to boost absorption.

Is spinach a common allergen?

Spinach is not a common allergen, though any food can rarely cause a reaction. Introduce it on its own and watch your baby for a couple of days.

Can babies eat spinach every day?

Spinach is nutritious but, like other leafy greens, naturally contains nitrates. Offering it in moderation as part of a varied diet is the best approach. Ask your pediatrician if you have questions.

How do I store cooked spinach for baby?

Refrigerate cooked spinach in a sealed container for up to 3 days, or freeze puree in ice-cube trays for up to 3 months. Reheat thoroughly and cool before serving.