

FOODS

Sweet Potato for Babies: A Nutrient-Rich First Food Guide

Sweet potato is one of the most popular and nutritious first foods for babies. Learn how to steam, puree, and serve sweet potato safely from 4-6 months onward.

Key Takeaways

- Sweet potato can be introduced around 6 months once your baby shows signs of readiness for solids; cook it until fork-tender first.
- Serve a smooth puree at 6 months, soft graspable sticks or thick mash at 7–9 months, and bite-sized cubes for the pincer grasp by 10–12 months.
- Sweet potato is not a common allergen and is rich in beta-carotene (vitamin A), fiber, and potassium.
- Steaming preserves more nutrients than boiling, but any method works as long as it is cooked soft enough to mash easily.

Frequently Asked Questions

When can babies eat sweet potato?

Sweet potato is an excellent first vegetable and can be introduced around 6 months. Cook it until very soft, then mash or puree to a smooth texture for new eaters.

How do I cook sweet potato for a baby?

Steam, boil, or roast sweet potato until fork-tender. Steaming retains the most nutrients. Puree with a little water, breast milk, or formula for a smooth first-food texture.

Sources

1. Starting Solid Foods — American Academy of Pediatrics
2. Your baby's first solid foods — NHS
3. Foods and Drinks to Avoid or Limit — Centers for Disease Control and Prevention