

FOODS

Tofu for Babies: Easy Plant-Based Protein from 6 Months

Silken or soft tofu is an excellent plant-based first food for babies. Learn how to introduce tofu safely from 6 months, preparation methods, and its impressive nutritional profile.

Frequently Asked Questions

When can babies eat tofu?

Most babies can try tofu around 6 months, once they are ready for solids. Its soft texture makes it an easy and nutritious early protein. Check with your pediatrician first.

Is soy a common allergen I should worry about?

Soy is a recognized allergen, though reactions are less common than with some other foods. Introduce tofu on its own, watch for any reaction, and talk to your pediatrician first if your baby has eczema or a family history of food allergy.

What kind of tofu is best for babies?

Silken or soft tofu is ideal for the youngest eaters because it mashes and purees easily. Firm tofu cut into soft strips works well for older babies practicing self-feeding.

Does tofu need to be cooked?

Tofu is sold ready to eat, but lightly warming or steaming it can make it more appealing and easier to handle. There is no need to fry or heavily season it.

Is tofu a choking hazard?

Soft tofu is low-risk. Serve it mashed, pureed, or in soft, appropriately sized pieces, and always supervise meals.

Is tofu good for iron and calcium?

Yes. Tofu provides plant protein, calcium, and some iron, making it a valuable food especially for vegetarian and plant-forward families.