

FOODS

Yogurt for Babies: Probiotic-Rich Food Safe from 6 Months

Plain whole-milk yogurt is a baby superfood rich in calcium, protein, and probiotics. Learn when to introduce (6 months), which yogurts to choose, and what to avoid.

Frequently Asked Questions

When can my baby eat yogurt?

Most babies can try plain whole-milk yogurt around 6 months, once they are ready for solids. Check with your pediatrician first.

Why is yogurt okay before 12 months when cow's milk as a drink is not?

Whole cow's milk as a main drink waits until 12 months because it can displace breast milk or formula and is harder on a baby's system. Yogurt and cheese are different, they are eaten as foods in small amounts and their proteins and lactose are altered by culturing, so they are fine earlier.

What kind of yogurt should I choose?

Choose plain, unsweetened, whole-milk yogurt. The full fat supports your baby's growth and brain development, and avoiding added sugar keeps it healthy. Add your own mashed fruit for flavor.

Is yogurt a common allergen?

Yogurt is a dairy product, and cow's milk is a common allergen. Introduce it 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.

Can I give my baby Greek yogurt?

Plain whole-milk Greek yogurt is fine and offers extra protein. Its thicker texture works well, and you can thin it with a little breast milk or formula if needed.

How much yogurt can my baby have?

Yogurt can be part of a varied daily diet in modest amounts. There is no strict limit, but balance it with other foods so your baby gets diverse nutrients.