

NUTRITION

Protein for Babies: How Much They Need and Best First Foods

Protein fuels your baby's rapid growth and development. Learn how much babies need at 6–12 months and the best protein-rich first foods to offer safely.

Frequently Asked Questions

How much protein does my baby need?

Babies 6–12 months need roughly 11 grams of protein per day. Breast milk or formula supplies a good share, and protein-rich solids easily cover the rest as eating increases.

When can I introduce eggs and other protein foods?

Well-cooked eggs, soft meats, lentils, tofu, and yogurt can all be introduced from around 6 months as part of a varied diet. Early introduction of egg may also help reduce allergy risk; ask your pediatrician.

Can babies have too much protein?

Very high protein intakes are not recommended in infancy. With breast milk or formula plus normal food portions, most babies are in a healthy range without any need to push protein.

Do vegetarian babies get enough protein?

Yes, with variety. Lentils, tofu, eggs, yogurt, and cheese can supply ample protein for a vegetarian baby. Talk with your pediatrician if your baby follows a vegan diet.

What are the best first protein foods?

Soft shredded chicken, well-mashed lentils, scrambled or hard-cooked egg, mashed tofu, and plain yogurt are all gentle, nutritious starting points.

Does protein come with other nutrients?

Often yes. Meats and lentils also provide zinc and iron, while dairy proteins bring calcium, so protein foods tend to be nutrient-dense all around.