

Foods in “Never! Never!” Land

It is important to watch for signs of allergy each time you introduce a new food to an infant. Be sure to introduce a new food one week at a time, so that you can identify the offending food if the baby has an allergic reaction. If a baby has an allergic reaction, contact Emergency Services immediately.

Signs of an allergic reaction:

- diarrhea
- vomiting
- coughing and wheezing
- congestion or stuffiness
- ear infection
- stomach pain
- hives
- skin rash
- extreme irritability
- severe reactions like shock or difficulty breathing

Some foods are more likely to cause an allergic reaction than others. Because of this, you should not feed these foods to babies less than 12 months old.

Due to risk of allergies, never feed an infant less than 12 months these foods:

- shrimp
- lobster
- crab
- crawfish
- scallops
- oysters
- clams
- egg whites or whole egg
- cow’s milk
- peanuts or other nuts
- casseroles (unless all ingredients have been introduced previously with no reaction)



...Other foods in “Never! Never!” Land

Never feed these foods to infants because they are a choking hazard:

- snack potato or corn chips, pretzels or cheese twists
- cookies or granola bars
- whole kernels of cooked rice, barley or wheat
- raw vegetables (including green peas and string beans)
- whole pieces of canned fruit
- hard pieces of raw fruit
- whole grapes, berries, cherries, melon balls or cherry and grape tomatoes (cut these foods into quarters, with pits removed, before feeding to older babies)
- uncooked dried fruit

Due to illness or other reasons

- honey or anything made with honey, including honey graham crackers
- artificial sweeteners: sucralose, aspartame, saccharin or acesulfame K

References

Feeding Infants: A Guide for Use in the Child Nutrition Programs, United States Department of Agriculture, Food and Nutrition Service, FNS-258

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