

# FEEDING WITH CAUTION

Feeding your baby should be easy, fun, **AND safe!**  
Review this guide to make sure you aren't serving your baby anything potentially hazardous to his or her health.

Be sure to always use proper cleaning and sanitation practices when feeding your baby!

## Most Common Allergens:

*only need to avoid if diagnosed with a food allergy*

- Peanuts
- Tree nuts
- Soy
- Shellfish
- Fish
- Eggs
- Milk
- Wheat

## Choking Hazards:

- Grapes
- Grape tomatoes
- Celery
- Hard candies
- Large chunks of cheese
- Raw carrots
- String beans
- Raisins
- Marshmallows
- Popcorn
- Sausage
- Hot dogs
- Gum
- Pits and seeds
- Other hard, round, large foods
- Unsupervised eating

Will you keep my food safe??



## Other Items of Concern:

- Honey
- Cow's milk as a beverage
- Undercooked foods
- Unpasteurized foods and drinks
- Raw eggs and raw meats/fish
- Added sugar, syrups, or artificial sweeteners, fruit juice (unless clinically indicated)
- Contaminated drinking water

Source: Bellows, L., Clark, A., & Moore, R. (2013). *Introducing solid foods to infants.*

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