

Foods to Avoid



By Rachel Waddilove

For Beaming Baby

Molly, "Thank you for the invaluable help and support that your book gave me. I found your kind, knowledgeable and loving approach such a breath of fresh air that both Jacob and I soared through our first year."

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

What foods should I avoid for my baby?

Foods to Avoid

Some foods are unsuitable for younger babies because their digestive system has not developed enough to cope with them. Other foods are not recommended for babies because they could cause an allergic reaction.

Foods to Avoid under Six Months

For babies under six months old, the following foods should be avoided:

- Wheat products
- Eggs
- Cow's milk
- Meat
- Fish
- Citrus fruit or juice

Foods to Avoid under Twelve Months

The following should be avoided by babies less than twelve months old:

- Added salt
- Honey (it can contain a toxin causing botulism)
- Peanut butter
- Whole nuts (they should not be given under the age of five)
- Cow's milk as a drink
- Shellfish
- Coffee and tea
- Alcohol (this should never be given to a child)

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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