

FOODS

Carrots for Babies: Beta-Carotene Rich First Food Guide

Carrots are a nutritious and baby-friendly first food from 6 months. Learn how to steam and puree carrots safely, the right portion sizes, and fun ways to serve them as baby grows.

Frequently Asked Questions

When can babies eat carrots?

Cooked, soft carrots can be introduced around 6 months when your baby shows signs of readiness for solids. Always cook carrots until very soft and serve them mashed, pureed, or in large soft pieces.

Are raw carrots safe for babies?

No. Raw carrots and hard carrot sticks are a serious choking hazard for babies and young children. Carrots should always be cooked until soft until at least age 4, and shredded raw carrot is only appropriate for older toddlers under supervision.

Can carrots cause constipation in babies?

Carrots are usually gentle on tummies and provide fiber. Some babies may experience changes in stool with any new food. Offer water with meals once solids begin and talk to your pediatrician if you have concerns.

Why do carrots sometimes turn baby's skin orange?

Carrots are rich in beta-carotene. Eating a lot of orange vegetables can cause a harmless temporary yellow-orange tint to the skin called carotenemia. It fades on its own and is not dangerous.

How should I store homemade carrot puree?

Refrigerate carrot puree in a sealed container for up to 3 days, or freeze in ice-cube trays for up to 3 months. Reheat thoroughly and let it cool to lukewarm before serving.

Are carrots a common allergen?

Carrots are not a common allergen, though any food can rarely cause a reaction. Introduce one new food at a time and watch for signs of sensitivity.