Don’t Feed These Foods to Babies Under 1 Year Old

or any food that contains these ingredients

Honey

May cause botulism—a very serious form of food poisoning.

Skim or low-fat milk, rice milk, soy milk, raw milk

May cause an allergic reaction. Raw milk may cause serious forms of food poisoning. Babies should be fed breast milk or formula only.

Peanut butter

May cause a serious allergic reaction. May also cause choking.

Acidic foods and juices

May cause an allergic reaction. Acidity may also cause diaper rash.

Eggs

May cause an allergic reaction.

Chocolate, cocoa

May cause an allergic reaction.

Sweet foods, soda

May cause tooth decay. Also, babies have no need for foods or drinks with little nutritional value.

Salty foods

May prevent full development of the kidneys. May also increase the risk of heart disease later in life.

Shrimp, crab, oysters, clams

May cause a serious allergic reaction.

Shark, swordfish, king mackerel, tilefish

Contains high levels of mercury, which may cause brain disorders.

Washington State Department of Health
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This publication was developed through a review of best practices and interviews with content experts. Sources available upon request.

No dé de comer estos alimentos a bebés menores de 1 año

ni alimentos que contengan estos ingredientes

Miel

Podría provocar botulismo un tipo de envenenamiento por comida muy grave.

Leche descremada, leche de arroz, leche de soja, leche sin procesar

Podría provocar una reacción alérgica. La leche sin procesar podría provocar un tipo de envenenamiento por comida grave. Los bebés deberían ser alimentados únicamente con leche materna o fórmula.

Mantequilla de maní

Podría provocar una reacción alérgica grave. Podría también provocar que se asfixie.

Alimentos y jugos ácidos

Podría provocar una reacción alérgica. La acidez podría también provocar sarpullido causado por el pañal.

Huevos

Podría provocar una reacción alérgica.

Chocolate, cacao

Podría provocar una reacción alérgica.

Alimentos dulces, soda

Podría provocar caries. Además, los bebés no necesitan alimentos ni bebidas con escaso valor nutricional.

Alimentos salados

Podría prevenir el desarrollo total de los riñones. Podría también aumentar el riesgo de enfermedad cardíaca en el futuro.

Camarones, cangrejos, ostras, almejas

Podría provocar una reacción alérgica grave.

Tiburón, pez espada, caballa gigante, blanquillo

Contienen niveles altos de mercurio, que podría provocar trastornos cerebrales.

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Esta publicación fue desarrollada a través de entrevistas y una revisión profesional. Las fuentes están disponibles a solicitud.

Washington State Department of Health

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