# 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.

# 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.

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

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