Off-Limit Foods

These eats are no good for babies.

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As a general guideline, doctors recommend that mothers who are breast-feeding wait until their children are 6 months old before offering them solid fare. But many foods aren't well suited for infants, even at that age.

According to the experts, avoid feeding young kids small, hard foods that are difficult to chew, such as grapes, raisins and nuts, honey (or dishes made with the sweet, sticky stuff), cow's milk, fruit juice, refined grains, sugary treats, smoked and cured meats, fish high in mercury, and allergenic foods, such as peanuts, wheat and other edibles.

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http://beta.docker.realhealthmag.com/article/offlimit-foods