

What foods should I avoid?

Foods you should not give your baby include:

- > Salt sugar and honey should be avoided until 12 months of age
- > Whole nuts should be avoided until 5 years of age due to the risk of choking. Smooth nut butters, powdered and finely chopped nuts are fine.
- > Swordfish, shark and Marlin should not be given to your baby as they contain high levels of mercury. These high levels can affect the development of the baby's nervous system.
- > Raw meats, eggs and shellfish should not be given as this can increase the risk of food poisoning.
- > mould-ripened soft cheeses like brie and soft blue-veined cheeses, like Danish blue should be avoided until 1 year as they can contain listeria bacteria that cause [listeriosis](#).
- > Too much fibre can fill a baby or young child too quickly which might mean they manage too little.
- > It's better for babies and young children under two to have full-fat milk, yoghurt and cheese, rather than low-fat varieties. This is because fat is an important source of calories and some vitamins for babies and young children.
- > Raw jelly cubes and whole grapes are a choking hazard for babies and children so should be avoided.