

Care To Take When Feeding Cucumber To Your Baby



Wash the cucumber properly and check that they are not bitter.

After scraping off the skin, provide cooked cucumbers to infants younger than 12 months in a pureed or mashed form.



You may retain the skin for older babies or when cooking cucumbers.

Do not introduce cucumbers with other food and follow a "three-to-five-day wait rule."



Start with a small serving of cucumbers and increase the portion as your little one grows.

Consult the pediatrician if anyone in the family is allergic to cucumbers.

