

How To Feed Shellfish To Your Baby



The American Academy of Pediatrics (AAP) recommends serving fish and shellfish to toddlers once or twice a week.



Purchase shellfish from trusted sellers.



Feed only home-cooked shellfish, and do not feed leftover cooked seafood to them.



Do not feed uncooked or undercooked shellfish to your baby to reduce the risk of food poisoning.



Introduce one type of shellfish at a time.



Follow the "three-to-five-day wait" rule to check for allergic reactions.



Feed small amounts, half to one teaspoon at a time to help them adjust to the food.



Feed it as a paste, a mash, or a puree to babies below 12 months.



Toddlers above 12 months may have well-cooked small pieces of shellfish.

