

# Foods To Avoid For Babies Below One Year



## Refined sugar

May cause tooth decay and make babies prefer sweet foods



## Salt

May cause hyperosmolarity



## Honey

Risk of infant botulism



## Cow's milk

Risk of allergic reactions



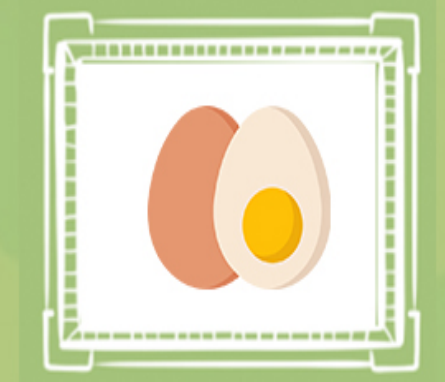
## Cheese

Those made from unpasteurized milk carry the additional risk of listeria



## Fruit juice

May add extra calories to the diet without any nutritional benefit



## Raw or partially cooked eggs

May add extra calories to the diet without any nutritional benefit



## Smoked or cured meat products

High in fats and sodium