

# Can I Give My 3-Month-Old Banana?

The baby's diet always breaks the parents' heart. When the baby grows to a certain stage, it needs to add some supplementary food. Pure breastfeeding is not suitable for exercising some of the baby's daily habits, so adding supplementary food is a must stage.

Many novice parents do not know what kind of food should be fed to the baby because they are inexperienced. Incorrect feeding methods may bring certain harm to the baby.



When the baby is 3 months old, some parents start to feed the baby some other foods. In our impression, bananas are a very soft food, which seems to be suitable for the baby to eat. For babies, can they be fed some bananas?

The answer is obviously no. The baby needs to add complementary foods in order, and it is not allowed to eat randomly. First of all, we need to understand why the baby

needs to add complementary foods. The way babies suck is natural, so they will drink milk when they are born, but chewing needs to be learned.

Many parents find that their babies will not eat when they are two years old. To a large extent, it is caused by incorrect addition of complementary foods, and the babies have not learned to chew. Therefore, when adding complementary foods, they must be done in a scientific way.

The correct order for the baby to add supplementary food is rice noodles-egg yolk-juice-vegetable juice-vegetable puree-fruit puree-fish puree-liver puree-meat puree-tofu, and the first time to add supplementary food is 4 months, 3 months. Always insist on breastfeeding, it is not allowed to feed bananas.

When the baby is 4 months old, you can feed some baby rice powder to the baby. Pay attention to feeding it one by one when you feed it. After swallowing it, give it another bite. When the baby adapts to the purees, slowly transfer to the fruit puree. Therefore, even if you feed the bananas, you must crush the bananas. You can't give the baby a whole banana directly. This will easily cause the baby to get stuck and become dangerous. Until the baby is 1 year old you can feed the whole banana to him.

The correct way of adding complementary foods can help babies develop good eating habits. Therefore, if some babies still have problems in eating when they are two or three years old, don't think that the baby is ignorant. We should think carefully about whether we have not let the baby develop good living habits in their infancy?

Baby rice powders are made using scientific formulas, which are rich in nutrients. Our [Loyal company](#) provides our customers with high-quality [baby rice powder production lines](#). Highly automated production methods can achieve high production efficiency. At the same time, we can also provide

high-quality formulas to make the manufacturer's production more smoothly.

When feeding the baby, you must pay special attention to scientific feeding. It is not allowed for a 3-month-old baby to eat bananas. Only by following the scientific feeding method can the baby grow up vigorously.