



ARTICLE

## Food to Avoid

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**3 mins to read**

By the 10<sup>th</sup> month, your child's digestive system will have grown to

[accept a variety of food](#). Your child should be able to enjoy slightly larger pieces of food with a heavier texture. However, there are some **foods to avoid** when preparing a meal for your child. Examples include honey, sugar, or uncooked eggs as they may cause complications for your child.

During this time, your child may have developed a more defined personality, which may occasionally lead to them [reaching out for your food](#), or rejecting their own baby food. As some food may be hazardous to your child, you should avoid giving in to some of your child's demands. For example, you should avoid honey. Though it's a sweet touch to adult food, it harbours spores of Clostridium, which may cause botulism in your child. You will also need to avoid junk food such as sweets and cookies. They're empty calories without nutrition; they'll affect your child's weight. Food that may be sticky and hard to swallow, such as peanut butter are a "no". Hard, large foods are a "no" as well, as they are potential choking hazards. This includes bones from meat and fish.

To ensure that big nutrition is absorbed by your child's small tummies, you can try [CERELAC Infant Cereals for 8 months](#) which is specially formulated using CHE (Cereals Hydrolysed Enzymatically) technology. This ensures that carbohydrates such as rice or wheat are broken down to smaller components for ease of digestion.

CERELAC Infant Cereals are also developed with BIFIDUS BL probiotics which help improve beneficial intestinal microflora in your child's digestive system and reduce the incidence of diarrhoea.

As your child grows up, they'll be trying [more and more new baby foods](#) as they attempt to taste everything. It will be an exciting time for you and your partner to see your child develop so quickly. Just keep in mind those **foods to avoid**, and your child will be just fine. We wish you all goodness as you continue this journey of discovery with your child.

To find the perfect mix of taste and texture, supplement your child's infant cereal with small pieces of cooked vegetables or meat. You can also add unsweetened fruit juices for a delicious touch. Try any one of our recipes in our [Recipe Section](#) that are made to match your

child's nutritional needs.