

Peeling back the layers

Are onions OK for pregnant moms and babies? An infant nutrition expert weighs in

SOT

Xandra [ZAN-drah] Anderson

Certified lactation consultant

OSF HealthCare

"Have you ever tasted baby food? It's not great! So, I encourage families to give their babies flavor. Watch levels of salt and sugar, but there's nothing wrong with food that tastes good." (:17)

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"They are very rich in antioxidants. That's something we don't get a lot of. They're really high in vitamin C. They have fiber, magnesium and potassium. Fiber and magnesium help with digestion, and magnesium helps with cramps. Potassium is really good for blood circulation and blood pressure." (:35)

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"Onions are a high FODMAP food, which means there are carbohydrates that are harder for some people to digest. So if you have a sensitive digestive system, onions could cause bloating. If you have irritable bowel syndrome, onions can make that flare up. Cooking onions helps break down some of those carbohydrates and aids digestion." (:28)

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"Make it easy for baby to chew. They've never had to do that before. It's good to let them learn how to chew, but we need to make sure the foods are easy to chew." (:10)

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"Onions help develop a baby's palette. Experts are finding that introducing strong flavors like that can prevent picky eating in the future." (:11)

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“It’s teaching them to bring things to their mouth and chew. It’s a food that’s cool and not super hard. As they chew, it will break down. But it’s not going to disintegrate in the mouth.” (:12)