

Peeling back the layers

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

ANCHOR LEDE

It's a question moms-to-be ask all the time: Is this or that food safe for me and baby?

On today's menu: Onions. Experts say they're OK for newborns if you prepare and serve them properly.

TAKE VO

Give the baby small, soft pieces, says Xandra Anderson, a lactation consultant at OSF HealthCare.

Wash raw onion to remove bacteria. And watch for symptoms like bloating, gas, diarrhea, fussiness or a rash. If so, take onions out of the baby's diet.

Anderson adds that *green* onions can help with teething.

SOT

Xandra [ZAN-drah] Anderson

Certified lactation consultant

OSF HealthCare

"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)

VO TAG

Anderson says onions contain beneficial things like antioxidants, vitamin C, fiber, magnesium and potassium. They can even help prevent picky eating later in a child's life.