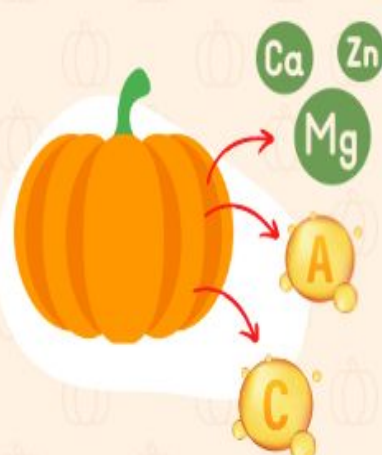


# Why Feed Pumpkin To Babies?



Pumpkin is a good source of essential vitamins and minerals that support baby development.



The fiber in pumpkin can help with digestion and regulate baby's bowel movements.

The beta-carotene in pumpkin has antioxidant properties and can convert to vitamin A, which is important for baby's growth.



Pumpkin also provides potassium, which is necessary for healthy metabolism and muscle function.

The vitamin C in pumpkin can help boost immunity and protect a baby against colds and flu.



Pumpkin also contains tryptophan that the baby's body can use to produce serotonin, which can help promote better sleep.