

Things To Remember When Giving Pickles To Your Baby



Preferably prepare pickles at home.



Choose naturally-fermented pickles rather than vinegar-fermented ones.

Feed them occasionally and in small amounts only.



Prefer serving pickles as part of a meal to balance the salt content.

Supervise them while eating pickles to prevent any choking risk.



Stop giving them pickles if you observe diaper rash or allergic reactions.



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Source: https://www.momjunction.com/articles/pickles-for-babies-age-benefits-concerns_00753383/