



When Can You Start Giving Dairy Products To Your Baby?

WHEN TO INTRODUCE DAIRY PRODUCTS

Yogurt: As early as eight months



Cheese: After eight months



Whole milk: After one year



POINTS TO REMEMBER

Babies with a dairy allergy may also be allergic to other foods, such as soy.



When introducing a new food, do so one at a time to identify potential allergy triggers.



Yogurt containing active cultures may be suitable for lactose intolerant babies as they help break down lactose for easier digestion.

