

COCONUT MILK

USE FOR BABIES



Health benefits

The fat, protein, and carbohydrate content of coconut milk may assist rapid growth in babies.



Micronutrients, such as potassium, magnesium, iron, zinc, and vitamins E and C, help improve immunity.



Coconut milk contains antioxidants that are retained even after cooking. These antioxidants support cellular health.



Saturated fatty acids in coconut milk help in a baby's brain development.

Precautions



Opt for coconut milk with no added sugars.



Its high fat and energy values may suppress your baby's appetite. So keep intake to moderate levels.

Look out for symptoms of allergic reactions.

