

Reasons To Add Yogurt To Your Baby's Diet



May promote digestive health by improving healthy gut microbiota count

Could help prevent and treat diarrhea



May reduce the risk of developing food sensitivity and allergy

May reduce the risk of developing atopic dermatitis



May improve lactose intolerance

May support immune function



Reference:

1. Health benefits of yogurt among infants and toddlers aged 4 to 24 months: a systematic review; Oxford Academic