

Precautions To Follow When Feeding *Pomegranate* To Babies



Never introduce pomegranate with other fruits or foods. Follow the four days “wait and watch” rule.

Ensure not to give pomegranate seeds to your baby as those may cause choking.



While making the pomegranate juice for the baby, do not blend its white skin.

Do not give your baby too much pomegranate juice, as it can cause weight gain, diarrhea, and dental issues.



Stop feeding pomegranate to the baby if you see any allergic reactions.

Ensure that the store-bought pomegranate juice has no added sugar.

