

# Safety Tips To Keep In Mind When Feeding Almond & Peanut Butter To Babies

Prefer giving nut butter to the baby after 18 months of age as their thick and sticky content may cause choking hazards.



Buy good quality nut butter from a reputed brand.



Monitor the baby's bowel movement closely when introducing it for the first time.



Choose nut butter with smooth consistency rather than chunky ones.



Do not feed nut butter to the baby if you or your spouse have a history of nut allergy.



Feed nut butter as part of a healthy balanced diet.

