How To Feed Cranberries To Your Baby With Care

Choose fresh cranberries to prepare baby food recipes.



When buying canned or frozen ones, check the label carefully.

Prefer semi-moist cranberries to completely dried ones.

Give 100% cranberry juice with no added sugar, colorants, or preservatives.

Store the cranberries in an airtight container away from sunlight.

> Feed cranberries to your little one in cooked, mashed, or pureed forms.



Source: <u>https://www.momjunction.com/articles/benefits-of-cranberries-for-babies_00333760/</u>