



Notable Hygiene Measures For Juice Preparation For Babies



Clean hands

Wash your hands for at least 20 seconds before and after juice preparation to prevent the spread of bacteria and germs.

Quality check

Discard any damaged or rotten parts of fruits and vegetables to ensure your juice remains safe and healthy.



Thorough washing

Rinse all produce under running water, even if you plan to peel or cut it, to remove dirt and bacteria.

Skip the soap

Avoid washing produce with soap or detergent.



Scrub firmly

Use a clean brush to scrub firm produce such as melons and cucumbers, removing dirt and bacteria even before peeling or cutting.

Dry it right

After washing, dry your produce with a clean cloth or paper towel to eliminate surface germs further.



Reference:

1. What You Need to Know About Juice Safety; FDA