

PRUNES FOR YOUR BABY



Age-wise prune requirements for babies with constipation

One-month-old

1oz (30ml) of undiluted 100% prune juice

Two-months-old

2oz a day of undiluted 100% prune juice
(The amount needs to be equivalent to their age until six months)

Older than six months

4oz (120ml) of undiluted 100% prune juice over several servings in a day

Additionally, you may offer 1tbsp of prune puree a day between four to six months of age and 2 to 3tbsp twice a day after six months of age.

Prune recipes for babies



A prune puree by soaking deseeded prunes in warm water and blending them to a paste-like consistency.

A prune juice by boiling prunes in warm water, blending them along with the water, and sieving to remove any solid particles.

