



PRECAUTIONS

To Take When Feeding

Papaya



To Babies



Do not introduce papaya to your baby with other food. Follow the three to five days “wait and watch” rule.



Wash and peel the papaya properly and remove seeds or piths.



Choose the **ripe papaya** as it is easy to digest.



Give papaya to babies in a **pureed form**.



Make sure there is no lump in the papaya puree to avoid choking.



Give papaya as **finger food** or mix it with cereal or porridge for older babies.

