

How To Feed Mangoes To Babies



Choose fresh, soft, and ripe mangoes for puree and mash

Avoid giving dried mangoes to babies to avoid choking risk





Add mango powder to other baby purees if fresh mangoes are unavailable

Introduce one or two teaspoons of mango puree at first





Stop feeding the baby if they look uncomfortable

Look for any allergic symptoms in babies after giving mangoes



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Source: https://www.momjunction.com/articles/mango-for-baby-benefits-recipestips_00804133/