

Dry Fruit Feeding Tips For Babies



Choose packaged, preferably organic ones from reputable brands or sellers.

Prefer buying semi-moist dried fruits over completely dry ones.



Keep them in a cold place in an airtight container.

Always give dried fruits to babies in cooked, mashed, or pureed form.



Limit its consumption to single feeding a day.

Stop feeding dried fruits to babies if you notice any allergic reactions.

