

How To Feed Oranges

To Your Baby



Give small bite-size pieces of orange instead of making a puree.



Peel the cover and membranes, and de-seed the pieces.



Follow a three to five-days wait rule when introducing the pulp or juice.



Offer sweet and fresh oranges to your baby.



Buy orange juice with no added sugar or preservatives.



Feed fresh orange juice to babies as soon as it is prepared to avoid oxidation.

