



Variety Of Dragon Fruits



To Suit Your Baby's Taste



Pink Skin With White Flesh

This is the most commonly consumed one, also known as Alice, Guyute, and Cosmic Charlie. This has the least amount of sweetness, so you may also feed it to your baby with other sweet fruits. Some varieties have sour flesh, and you may avoid these.



Pink Skin With Pink Or Red Flesh

Also known by different names such as Red Jaina and Bloody Mary, this type has a mild sweet taste and may be served as a sweet snack to babies.



Yellow Skin With White Flesh

This type is believed to be the rarest and the sweetest one. You may feed this to your baby in moderation due to its high sugar content.

References:

1. All About Dragon Fruit: 3 Health Benefits+How To Eat It; Cleveland Clinic
2. Dragon Fruit; Dr Steve Best