

# Avoid Giving

## ALMOND MILK

### If Your Baby Has These Conditions



#### Kidney issues



Almonds are high in oxalate, which may interfere with kidney functions.

#### Hypothyroidism (low levels of thyroid hormones)



Almonds can interfere with iodine uptake and suppress the functions of the thyroid gland.

#### Any tree nut allergy



Babies having allergic reactions to any tree nut such as walnut, hazelnut, pecan, cashew, or pistachio may react to almond milk.

#### Gastrointestinal problems



Almonds contain anti-nutrients such as lectins and phytic acid. Both may exacerbate existing gastrointestinal issues.

#### References

1. Plant-Based Milk Alternatives and Risk Factors for Kidney Stones and Chronic Kidney Disease; National Institutes of Health
2. Got (Almond) Milk?; KQED
3. What Is Tree Nut Allergy?; FARE
4. Nuts, almonds; USDA
5. Antinutrients in Plant-based Foods: A Review; Open Biotechnology Journal