

Safety Measures For

Feeding Kiwi

To Your

Baby



Introduce kiwis to your baby between eight months and ten months of age.



Delay introducing the kiwis till your baby is 10–12 months old if they have shown any food allergies or diaper rash earlier.



Talk to a pediatrician if anyone in the family is allergic to kiwis.



Do not offer the baby kiwi if they have an allergy to papaya, latex, sesame, or pineapple.



Do not introduce kiwi with other foods. Follow a “three to five-days wait rule” to ensure no allergic reactions.



Feed a small serving of kiwis to your little one at first.