



Tips To Safely Feed Rice Cereal To Babies

Use powdered rice to make rice cereal.



If you use whole rice, ensure to mash the cooked rice.

Keep cereal's consistency as puree and ensure it's lump-free.



Consult your pediatrician before using iron-fortified rice cereal for weaning.

Introduce one to two teaspoons of rice cereal. Wait for three days before introducing any other new food.



Watch for signs of indigestion, intolerance, or allergy.

Gradually increase the quantity when the baby seems to digest rice cereal comfortably.



Add fruit or vegetable puree to enhance the cereal's nutritional value.

Reference:

Starting Solid Foods; American Academy of Pediatrics