



How To Safely Feed Wheat To Your Baby



Purchase organic flour from a reputed store to ensure quality



Wait until the baby is eating single-grain solids before introducing wheat



Follow a three to five-day wait rule to check for allergies or intolerances



Start with small quantities (1-2 teaspoons) and gradually increase



Avoid white or refined flour and opt for whole wheat flour high in dietary fiber



Make sure the baby drinks enough water to help with digestion



Keep wheat flour away from the baby to prevent accidental inhalation and potential allergic reaction