

HOW TO FEED

Apple Puree

To Your Baby Safely



Prefer buying organic varieties of apples



Use cleaned and sterilized containers to store apples



Wash the apples properly before making a puree



Make sure the puree has no lumps or apple chunks



Give no more than one or two teaspoons of apple puree for the first time



Follow a “wait” rule for five days to assess the baby’s comfort with the new food