



## Benefits vs. Side Effects Of Coconut Water For Babies

### Benefits

Helps provide nutrition



Improves digestion



Keeps the baby hydrated



### Side Effects

Might induce an allergic reaction



Excessive consumption might cause an imbalance of potassium levels in the baby's body



Excess potassium might lead to hyperkalemia



### Points to remember

Make sure the coconut water is fresh



Look out for potential signs of allergies



Avoid giving them stored coconut water

