

Benefits Of Feeding **Plums** To Babies



Improves bone health



Helps alleviate the symptoms of constipation



Improves the functioning of the brain



Reduces inflammation



Rich source of antioxidants



Reduces the chances of free radical damage



Possesses beneficial anti-allergic and antimicrobial properties



Mom Junction

Source: https://www.momjunction.com/articles/plum-recipes-for-your-baby_00332892/