

# Tips For Adding Pineapple To Your Baby's Diet



If you have just started weaning, avoid bite-size pieces but instead cut thick slices that are easy to hold and chew.

As they grow to about nine months old or above, you may offer thinner pieces that are easy to swallow.



If it is too sour, mix it with other fruits or yogurt to tone down the acidity.

You can offer pineapple rings, frozen for a few hours, to teething babies to soothe the pain.



Do not give store-bought pineapple juice without consulting a pediatrician since the added sugar may not be recommended for the baby. You may try freshly pressed juice without added sugar for babies older than 12 months.