

What To Feed Your Baby If They Cannot Have Lemon Or Citrus Fruits?



Vitamin C-rich alternatives to citrus fruits



Guavas



Strawberries



Broccoli, cabbage, cauliflower, and other cruciferous vegetables



Watermelon



Cantaloupe

Reasons why babies may not eat citrus fruits



Acid reflux



Sensitivity to citrus foods



Mouth sores



General lack of preference for tangy flavors

References:

1. Food substitutions; American Academy of Pediatrics
2. Fluid Intake Decreased; Seattle Children's Hospital
3. If life gives you lemons; MIT