



Tips To Keep In Mind When Feeding **GREEK YOGURT** *To Babies*

Make sure to serve Greek yogurt to babies with other nutritious foods.



Do not add honey to the yogurt for babies younger than one year.



Avoid giving flavored yogurt to babies due to added sweeteners.



Consult a pediatrician if there is a family history of milk allergies or lactose intolerance.



When introducing Greek yogurt to a baby, follow a "three to five-day wait rule" to watch for allergic reactions.



If serving with fruit, ensure your baby is tolerant of that fruit.

