



Pros And Cons Of Giving

CERELAC

To Your Baby



Health Benefits



Travel-friendly because of instant preparation

Easy to swallow



Free of flavors, colors, and preservatives

Contains essential nutrients



Potential Risks



Contains fruit juice concentrate low in vitamins and minerals

Providing only Cerelac may lead to aversions to homemade food



Contains allergens such as gluten and lactose that may cause allergic reactions

Certain variants contain added sugars that may be unhealthy

