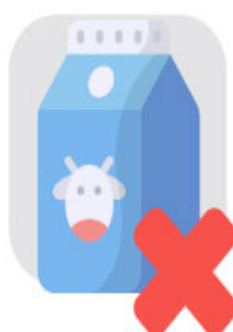


Safety Tips For Giving Cheese To Your Baby



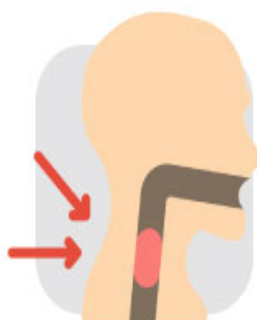
Consult a pediatrician before introducing cheese if your baby has a milk allergy.



Do not introduce cheese with other new foods and wait three to five days.



Do not give other foods after feeding cheese; if allergy symptoms occur, consult a doctor immediately.



Give small pieces of string cheese to babies to prevent choking.



Start with mild cheese, such as cottage cheese, as strong flavors may be off-putting to babies.



If your baby does not like cheese, try serving it with other familiar foods, such as pasta.