

Things To Consider When Introducing SWEET POTATO TO BABIES



They might contain trace levels of heavy metals if not sourced organically.



They might be a choking hazard if given in big pieces or wedges.



Include other options of fruits and vegetables as well for a balanced diet.



Cut them into small pieces or mash them well.



Cook the sweet potato well so they are soft and mushy and not hard and chewy.



Start with small bites at first, and you may eventually increase the portion size.



Do not force-feed. Try a few days later if your baby does not like the flavor.