

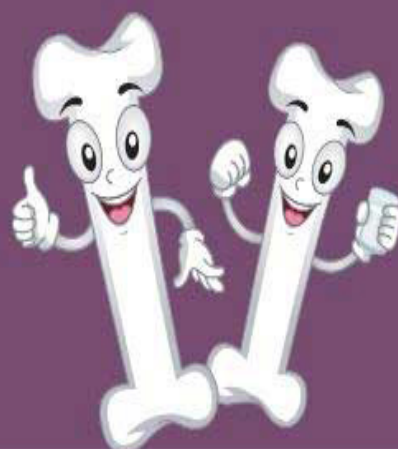
# Health Benefits of Prune Puree For Your Baby

Maintains gut health with its dietary fiber



Helps treat constipation

Boosts bone health



Promotes healthy heart due to high potassium content

Contains phenolic compounds that help prevent chronic diseases



Contains simple sugars that provide energy without increasing blood sugar levels

## Reference

1. Dried Plums, Prunes and Bone Health: A Comprehensive Review; NCBI