

# Are purees bad for babies?

## Detail Introduction :

During the baby's growth period, the addition of complementary food is very important . And it has a impact on the baby's health.

When the baby's teeth begin to erupt at about 4 months old and can sit independently. It is necessary to add some complementary food to the baby. In order to supplement adequate nutrition for the baby.

Fruit puree is the food of choice for many parents. The soft and waxy ones are very suitable for babies to swallow. Will eating puree for babies bring some unfavorable factors to the baby?

Are purees bad for babies?

When the baby first comes into contact with fresh food. We must start with mud-like food. Mud-like food is more suitable for the baby to swallow. And it is easier for the baby to digest, which is more conducive to the baby's absorption of nutrients and healthy growth. Fruit puree is the most suitable choice, rich in nutrients and good taste. It is very beneficial to babies, but if the selected fruit puree is added with sugar, salt and other ingredients, it will have an adverse effect on the baby.



When giving your baby fruit puree. You must choose a puree with a single ingredient and no excessive

additives, especially when parents make fruit puree for their baby. They should pay more attention to the composition and quality of the fruit puree.

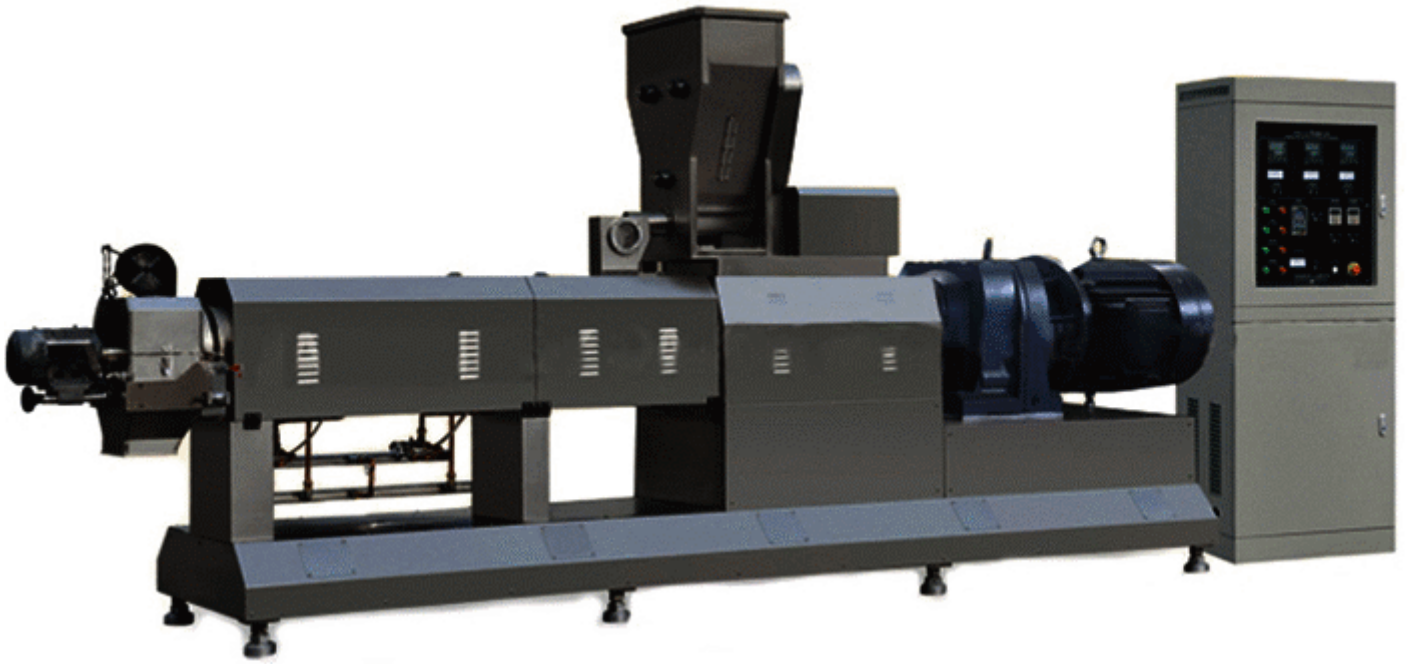
Although adults prefer to eat some heavy-tasting foods, it does not mean that babies also like them. When a baby first comes into contact with fresh food, it should be light. Do not add sugar or salt to the baby's food according to the adult's taste. The baby should eat it. Foods that are too heavy are not good for the body.

When you make your own fruit puree, you should choose some fruits that are liked by most people, such as bananas, avocados, apples, etc. However, it is usually recommended that parents take the finished fruit puree first when the baby just adds complementary food. 7 months after the gastrointestinal tract adapts, parents will make some fruit puree food.

The advantages of choosing a finished fruit puree are:

1. Clean and hygienic: Because the finished fruit puree is mostly produced by specialized baby food production companies. It has many years of experience in producing finished fruit puree, and after a sterilization process, the degree of cleanliness is relatively high. And the baby's gastrointestinal tract can adapt to it.
2. Delicate: Because the professional production technology is used to make the fruit puree, the fruit is smoother and more delicate. And because the baby's gastrointestinal tract is immature, the finer fruit is more conducive to the baby's digestion and absorption.
3. Convenience: The finished fruit puree can be eaten immediately after opening the lid, which is more convenient.

Therefore, there are many benefits to go directly to the store to buy some fruit puree. But homemade fruit puree is more economical and more time-consuming, so this is why more and more



e parents are starting to buy it directly Some fruit puree reasons.

The baby food market has a very large demand.

As parents have more and more stringent requirements on food safety, manufacturers can only meet the needs of parents by producing higher-quality fruit purees, so that they can stand out in the market and expand a broader market.

As a professional food machinery manufacturer, we have very deep research in the field of baby food production. The Baby Food Production Line produced has reached the world's leading level, which is in line with the manufacturer's production needs, and has achieved outstanding results in actual processing and production. Achievement.

The Baby Food Production Line is highly automated, with high production efficiency. And the use of extrusion technology. The baby food produced is of very high quality and has been recognized by many parents.

We have very rich experience in this industry and can provide a very comprehensive help for the major manufacturers. If you want to know more, please contact us and we will serve you wholeheartedly!