

Baby's First Yogurt

(NAPSA)—One of the best things you can do for your baby is to introduce some good bacteria—the beneficial kind found in organic yogurt.

One of America's best-known pediatricians recommends fresh organic whole-milk yogurt with active cultures to provide a great start for babies and help establish a lifelong habit of healthy eating.

“Little ones' bodies aren't able to handle the possible pollutants in nonorganic foods, and are especially susceptible to persistent pesticides and other chemicals and toxins,” says Dr. William Sears, a best-selling author and father of eight. “Stonyfield Farm



Dr. William Sears recommends organic yogurt for babies to provide them with the protein and calcium they need for proper development.

organic yogurt has been a staple in our house, and as a pediatrician, I recommend organic yogurt for my little patients for a variety of nutritional needs.”

Dr. Sears tells parents to look for yogurts with the highest number of beneficial probiotic cultures, like Stonyfield Farm's Yo-Baby line of organic yogurts. And new on grocery shelves is YoBaby Simply Plain, the first yogurt for babies 6 months and older. Yo-Baby Simply Plain provides the protein and calcium essential for healthy growth as well as probiotic cultures to ensure good intestinal health. Go to yobabyyogurt.com for more information and downloadable coupons.