
Introducing solids (prunes)

Posted by stelladubois - 2008/05/30 19:07

Hello. I have some food allergies and know which fruits to avoid. Plums are one of my allergies which means I cannot eat prunes when reintroducing solids :blush:

Is there any other type of food that is acceptable?

I have not started the juice feast but am weighing the pros and cons at this point.

Any help would be appreciated!

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