

GOOD NUTRITION, THE BUILDING BLOCKS FOR #BRIGHTBEGINNINGS IN THE FIRST YEAR OF LIFE



Hands should be washed with soap and clean water before preparing or eating food

From six months gradually increase the amount of food, number of feeds and variety as baby gets older

Continued breastfeeding to two years and beyond

At six months, start giving small amounts of complementary foods

At six months, start spoon feeding with thick foods, and gradually increase to the consistency of family food

If necessary use fortified complementary foods as part of baby's diet from six months of age

Avoid giving tea, coffee and sugary drinks and high-sugar, high-fat salty snacks

From six months give dark-green leafy vegetables and orange coloured vegetables and fruit every day

From six months feed slowly and patiently and encourage baby to eat, but do not force them

From six months give meat, chicken, fish or egg every day, or as often as possible

From six months provide adequate fat through breastmilk and fish

Start breastfeeding from the first hour of life and exclusively breastfeed to six months

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