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

washed with soap and clean water before preparing or eating food

Hands should be

Continued breastfeeding to two years and beyond

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

At six months, start of At six months, start ano foods envine small ano foods complementary foods Avoid giving tea, coffee and sugary drinks and high-sugar, high-fat salty snacks

From six months

baby gets older

gradually increase the

of feeds and variety as

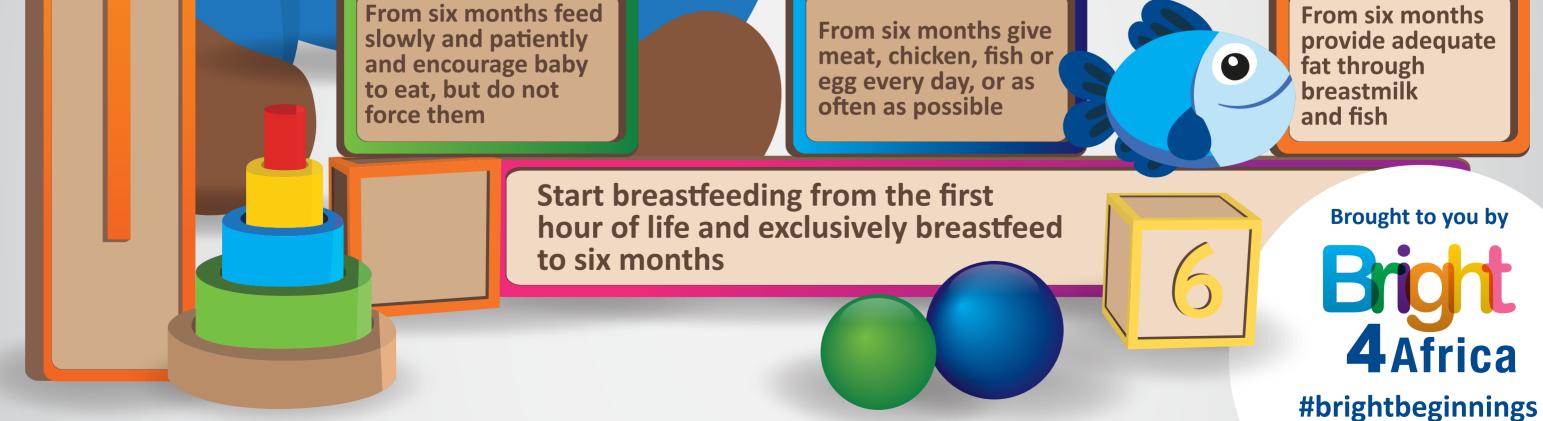
amount of food, number

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

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

slowly and patiently

From six months give



Sources: Paediatric Food-Based Dietary Guidelines for South Africa; Guiding Principles for Complementary Feeding of the Breastfed Child. Geneva: PAHO/WHO.