





FEED SMART FROM THE START

Feeding your child the right type of food from birth until 2 years old lays the foundation for a healthy brain and body.

WHAT NUTRITION DO YOUNG CHILDREN NEED?

For the first **6 months** of your baby's life this is **breastmilk only.**

INTRODUCING SOLIDS AT THE RIGHT TIME.

in the correct amounts and of age-appropriate texture is important.

STARTING WITH SMALL AMOUNTS

1 – 2 teaspoons, twice a day.



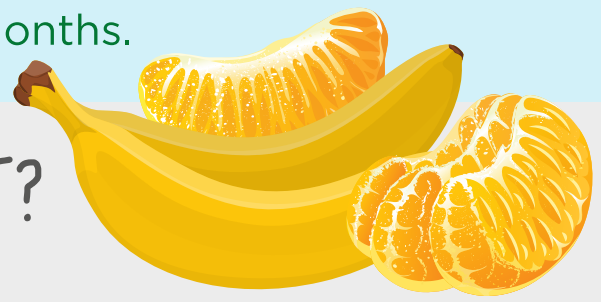


FROM 6 MONTHS ONWARDS,

in addition to breastmilk, your child will need different types of foods, and vegetables and fruit should form part of each meal.

BUILDING UP TO 5 SMALL MEALS EACH DAY

For each meal: ¼ cup at 9 months and ½ cup by 12 months.



HOW TO INCLUDE VEGETABLES AND FRUIT?

1 DURING MEALTIMES

As you prepare your family meals be sure to include soft, mashed **dark-green leafy vegetables** like **spinach or broccoli,** and **orange-coloured** vegetables such as **pumpkin or butternut** as frequently as possible. **Green** and **orange** vegetables are rich in important **vitamins and minerals** your child needs. Do not add salt and/or sugar.

2 AS SNACKS

Mash banana for babies between 6 and 8 months. For babies aged 9 to 13 months, offer pieces of **soft fruit like paw-paw or mango**. For toddlers and older children you can give **naartjie segments** or pieces of **cooked** carrot as easy and affordable snacks.

Parents and caregivers: remember to check the Road-to-Health Booklet for more information

For more information visit
WWW.NUTRITIONWEEK.CO.ZA

Basic Education
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