



# Babies need **BREAST MILK** and **IRON RICH FOODS!**



## Birth to 6 months

- ♥ **ONLY breast milk;**  
If your baby is not breastfeeding, use infant formula with iron.
- ♥ **Vitamin D drops every day.**

To drink



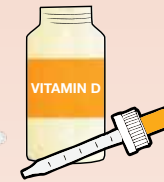
## 6 - 12 months

- ♥ **ONLY breast milk;**  
If your baby is not breastfeeding, use infant formula with iron.
- ♥ **Vitamin D drops every day.**



## After one year

- ♥ **Breast milk;**  
If you were giving formula, replace it with cow's milk.
- ♥ **Vitamin D drops every day;**
- ♥ **Whole cow's milk (3.25%);**  
\*no more than 24 oz. (2 ½ cups) per day\*
- ♥ **Water.**



To eat

**✗ Baby is not ready for solid food.**

Breast milk gives baby all he/she needs.

**Offer iron rich foods every day!**

- ♥ Country food meat;
- ♥ Cooked store bought meat;
- ♥ Baby cereal.

**Offer Vitamin C rich foods:**



- ♥ Fruits and vegetables;
- ♥ Maktaaq;
- ♥ Fish eggs.

**At 9-12 months:**

- ♥ Cut up foods from all food groups.
- ♥ Include baby at the table for family mealtimes.

**♥ Foods with iron... every day!**

- ♥ Babies are ready to eat the same foods as the rest of the family.
- ♥ Offer foods from at least three of the food groups at every meal.

