

## 12-24 MONTHS:

Give 3 main meals and 2 snacks (small meals) in addition to breastmilk.



Give about 2 soup ladlefuls (nkwantre) of thick porridges made from local or fortified cereals.



Continue to give soft family foods prepared from locally available vegetables and with meats, fish, liver or heart



Continue to give fruits like mangoes and oranges after each meal.



Give small pieces of food that children can hold themselves like banana, oranges, wagashie or koose



Wash child's hands with soap and water before and after meals

## 2-5 YEARS:

Feed the child 3 main meals and two snacks (small meals) a day



Give thick enriched porridges made from local or fortified cereals with bread or koose



Continue to give family foods prepared from locally available vegetables and with meats, fish, liver or heart



Give more food to a very active child



Continue to give fruits like mangoes and oranges



Wash child's hands with soap and water before and after meals



Deworm child every 6 months.

# HEALTHY EATING FOR GOODLIFE

Body-building Foods



Energy-giving Foods

Protective Foods



## 0-6 MONTHS:

Give only breast milk for the first 6 months

Put the baby to breast within 30 minutes after birth

Give the first yellowish milk (colostrum) to the child for protection

Give **no water** or any other **liquid or foods**.

Breastfeed the child as often as the baby wants, day and night



## From 7 months

Feed 3 main meals a day in addition to breastmilk



Increase the variety of foods by giving **soft rice or yam or banku** with **thick ground nut soup or palmnut soup or nkontomire stew**



Prepare **stews and soups** with **mashed meat or fish or liver or heart**.



Give thick porridges made from fortified foods that have added minerals and vitamins



Increase the quantity of meal as child grows till you can give **one soup ladleful (nkwantre)**



Give fresh **fruit juice** after every meal



Wash child's hands with soap and water before and after meals



## 6-9 MONTHS:

At 6 months

Feed 2 main meals a day in addition to breastmilk



Start giving thick porridges or other mashed foods and fruits to baby.



Give **1 stew ladleful (abom atre)** of thick porridge or mpotompoto.



Enrich porridge with groundnut paste, mashed, well boiled egg yolk or fish or meat.



Add mashed liver or heart or fish or other meats to soups, stews or mpotompoto to prevent anemia.



Give thick porridges made from fortified foods that have added minerals and vitamins.



Give fresh **fruit juice** after every meal



## 9-12 MONTHS

Give 3 main meals and one snack (small meal) a day in addition to breast milk



Give one or **two soup ladlefuls (nkwantre)** of thick porridges and other foods.



Give **softened foods like rice, TZ, banku, yam with stew or soups**.



Prepare **stews or soups or mpotompoto** with (**kontomire or bokoboko or aleefu**) and **meats, fish or liver**



Give fresh **fruit juice** after every meal



Wash child's hands with soap and water before and after meals

