

Feeding infants 6 to 11 months of age

How often should I breastfeed?

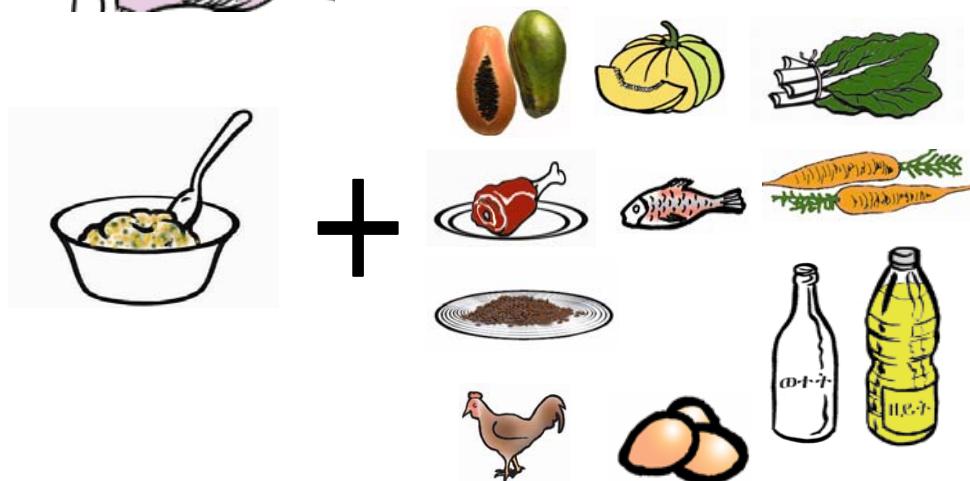
Breastfeed at least 8 times, day and night, until your child is two years old or more



What foods should I feed my child each day?

Give soft thick porridge always enriched with:

- 2 to 3 colorful foods, such as orange vegetables and fruits, green leafy vegetables, eggs, beans, lentils or peanuts
- Butter or oil each time
- Milk each time
- Meat, chicken or fish, when available

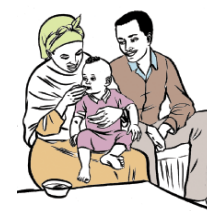


How much food should I feed my child each day?

Feed 1 full buna cup of enriched porridge 2 to 3 times each day, or more if your child wants

In between, also give mekses 1 to 2 times each day, including:

- Ripe mango or papaya
- Carrot
- Banana
- Fresh or fried bread products
- Boiled potatoes and sweet potatoes
- Avocado
- Peanuts



How should I feed my sick child?

- Breastfeed your baby more often during and after illness
- Be patient and encourage your baby to eat during illness
- Give 1 extra feeding of enriched porridge each day for 2 weeks after illness

Feeding children 12 to 23 months of age

How often should I breastfeed?

Breastfeed at least 8 times, day and night, until your child is two years old or more

What foods should I feed my child each day?

Give family foods or soft thick porridge always enriched with:

- 2 to 3 colorful foods including orange vegetables and fruits, green leafy vegetables, eggs, beans, lentils or peanuts
- Butter or oil each time
- Milk each time
- Meat, chicken or fish when available

How much food should I feed my child each day?

Give 1 to 1 1/2 full buna cups of family foods or enriched porridge 3 to 4 times each day, or more if your child wants

In between, also give mekses 1 to 2 times each day, including:

- Avocado
- Ripe mango or papaya
- Carrot
- Banana
- Fresh or fried bread products
- Boiled potatoes and sweet potatoes
- Peanuts

How should I feed my sick child?

- Breastfeed your child more often during and after illness
- Be patient and encourage child to eat during illness
- Give 1 extra feeding of family food or enriched porridge each day for 2 weeks after illness

