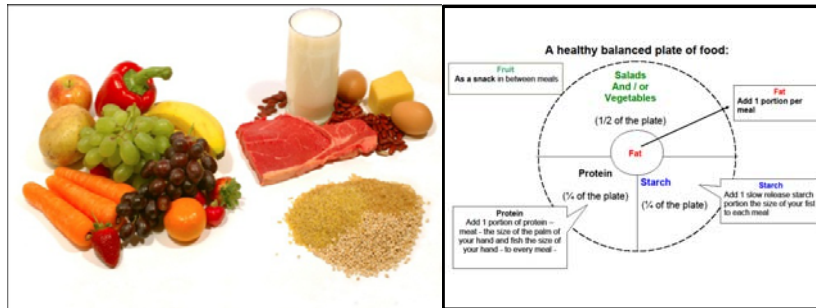




- Eat 3 meals per day (breakfast, lunch & supper) and snacks in between meals



- Eat plenty of vegetables & fruit every day (at least 5 servings).
- You can eat 6 portions of protein every day. This includes: skinless chicken, lean meat, fish, eggs, legumes
- Choose high fibre starches, e.g. whole wheat/brown bread, oats and potatoes.
- Have at least 3 portions of dairy products, e.g. milk, amasi, yoghurt or cheese (mom's who need to watch their weight should choose fat-free or low-fat options).
- A small amount of healthy fats are needed in the diet, e.g. soft tub margarine, oil, peanut butter, nuts or avocado.
- Drink plenty of clean, safe water every day.
- Some mom's may need to take supplements of vitamins and minerals during pregnancy (especially folate or iron) to ensure that baby's brain develops properly.



## FEEDING YOUR BABY

- BREAST IS BEST up to 6 months – 1 year
- Alternatively a modified cow's milk formula for a healthy full-term baby

### Introduction of solid food (Weaning food)

The weaning process is recommended to start between 4 and 6 months. At this age the infant's energy requirements are increasing and the gastrointestinal and renal functions have matured to cope with an increased variety of foods.

Non-wheat cereals (rice), maize, fruit, vegetables or potato purees are ideal starting foods. Small amounts (1-2 teaspoons) are tried at first and are gradually increased to 3 meals at six months.