

## Key Message of complementary feeding

1

Starting other foods in addition to breast milk at 6 months helps a child to grow well



2

At about 6 months of age, an infant is also developmentally ready for other foods



3

Animal foods are specially good for children, to help them grow strong and lively



4

Complementary foods should be prepared to be thick enough to remain in the spoon to give more energy to the child.



5

Peas, beans, lentils, and nuts and seeds are also good source for children.



6

Dark green leaves and orange colored fruits and vegetables help a child to have healthy eyes and fewer infections.



7

A growing child needs 3 meals plus snacks: give a variety of foods.

