

# GUIDE TO BREASTFEEDING AND WEANING

0 months → 6 months

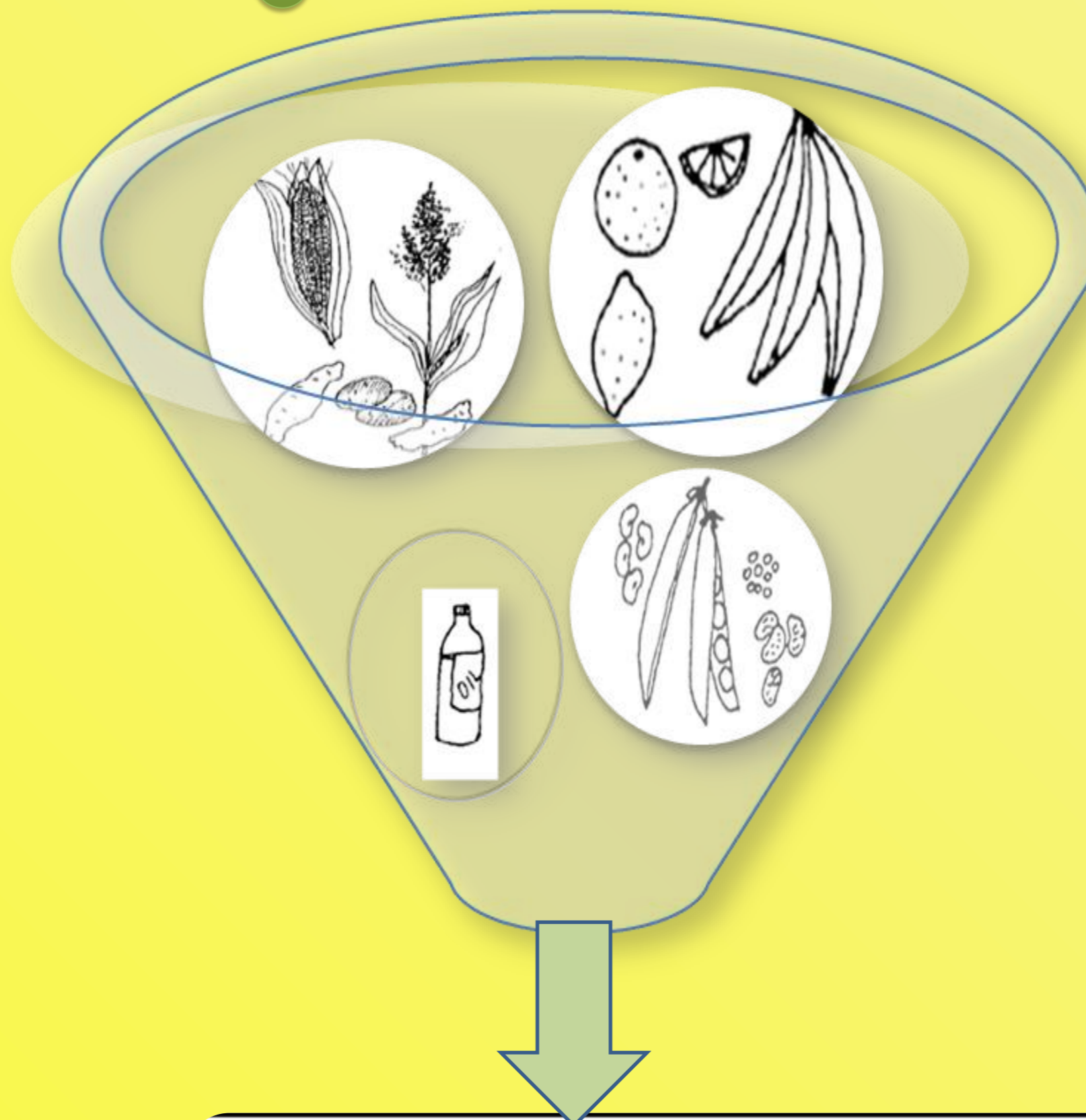


Breastfeeding is exclusive.  
Breast milk is the best food for the newborn  
and requires no other food or water..

6 months → 12 months

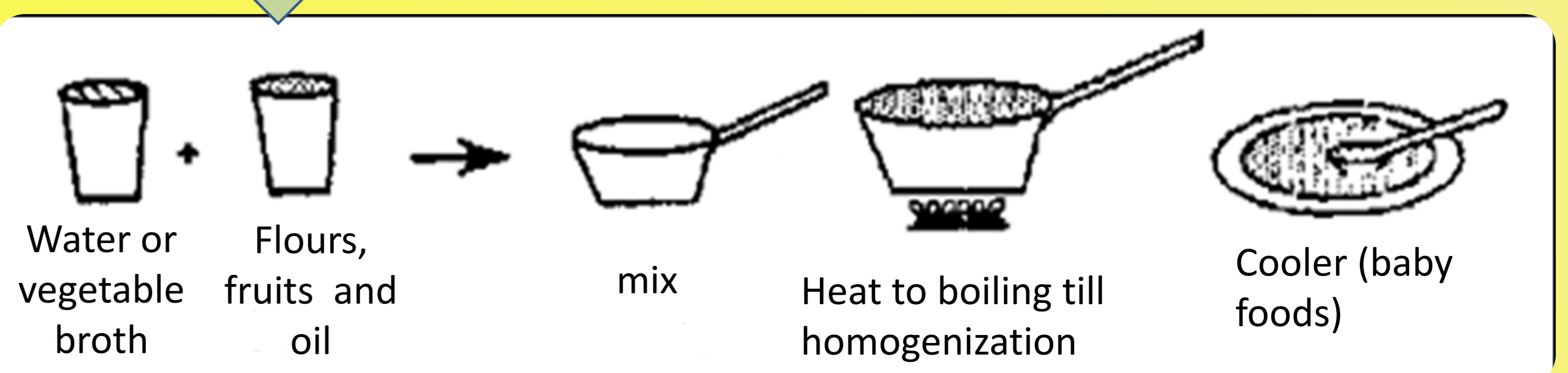


Breast milk plus special baby foods.  
These are liquid or semi-solid soups, composed of the following  
ingredients (separated or mixed together):

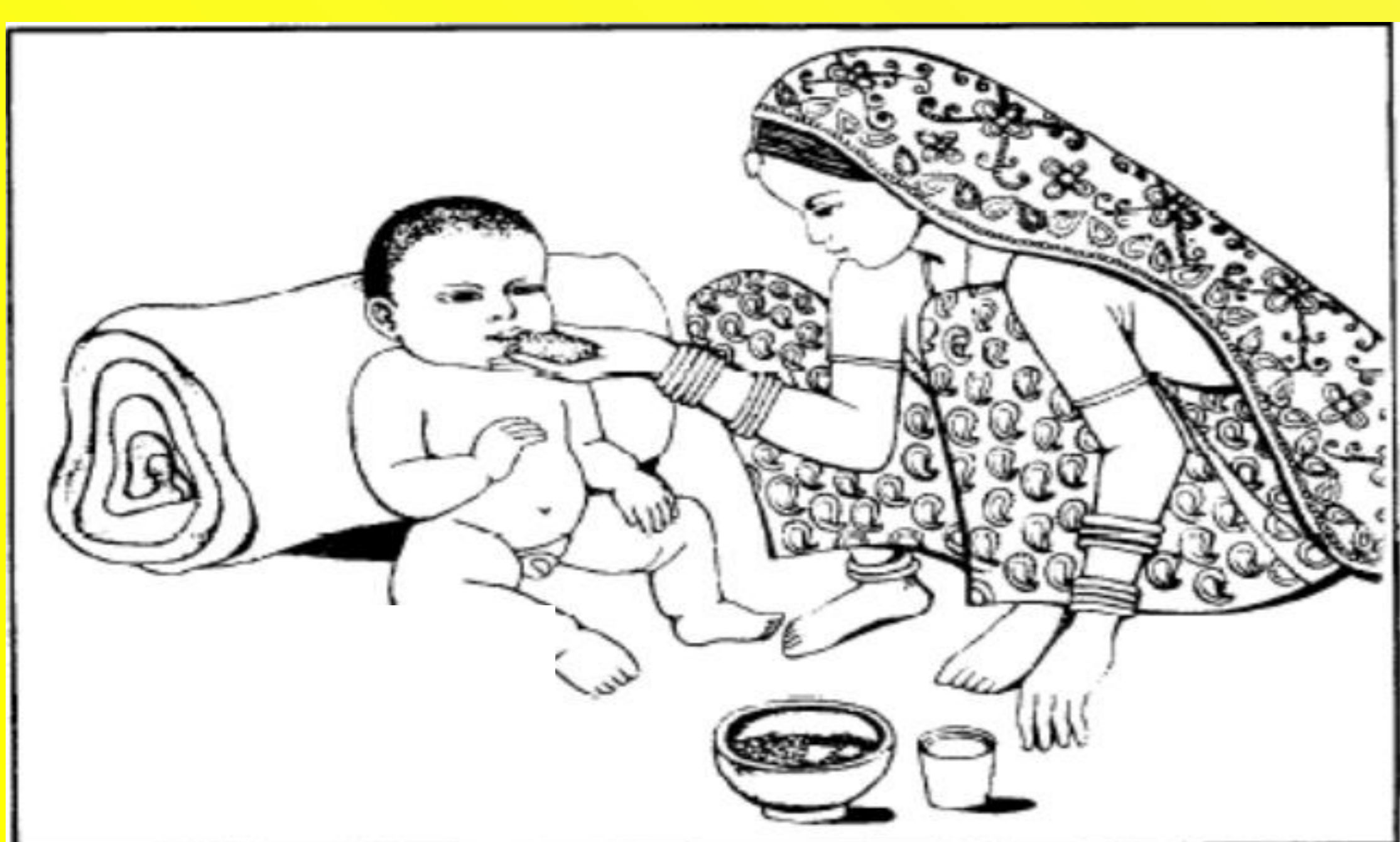


1. Cereal flours (maize or wheat or rice)
2. Flours of leguminous (soja, or beans or peanuts)
3. Fruits (banana or mango or papaya)
4. Palm oil (or other oil)

Example of preparation of soup:



12 months → 24 months



the daily diet consist of breast  
milk  
+  
special baby foods (above)  
+  
common foods consumed by  
the family,

but care :

↓ To gradually reduce milk and  
special baby foods

↑ To gradually increase common  
foods

