

#8  
of 10

First 2000  
Days of life



# Breastfeeding and Healthy Food for Children

## Why is it important?

- Babies and children need healthy food to build their brain and body now, and into the future
- Eating healthy food helps develop strong teeth, bones and muscles

## What to do?

- From birth to 6 months of age, breastmilk is the ideal source of nutrition
- Start solid foods from 6 months of age
  - Introduce solid foods that are rich in iron and the right texture for your baby
  - Introduce a variety of foods in any order
  - Continue breastfeeding until your child is two years or older
  - If you are not breastfeeding, give your baby formula until they are 12 months old
- At 12 months a child can drink cow's milk and eat the same healthy foods as family and friends
- Healthy foods include well cooked meat, fish, eggs, legumes, vegetables, fruits, wholegrains and dairy
- Offer 3 main meals and snacks each day
- Water is the best healthy drink for children
- Offer a range of foods from the five food groups, so children receive all the nutrients that they need each day

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