

#8  
of 10

First 2000  
Days of life



# Healthy Food for Children

## Why is it important?

- Babies and children need healthy food to build their brain and bodies
- Eating healthy food helps develop strong teeth, bones and muscles

## What to do?

- From birth to 6 months of age, breastmilk or infant formula is the ideal source of nutrition
- Introduce solid foods from 6 months of age
  - Introduce solid foods that are the right texture for your baby
  - Introduce new foods one at a time, and in any order
  - Continue breastfeeding or using infant formula until baby is at least 12 months
- At 12 months children can drink cow's milk and eat the same healthy foods as family and friends
- Healthy foods for children include well cooked meat, fish, eggs, legumes, vegetables, fruits, wholegrains, and dairy
- Water is the best healthy drink for children

Scan here to learn more and contact local services >>

or call Child and Family Health Nurses on  
1300 244 288 for more info

