HEALTHY EATING FOR GOOD LIFE

12-24 MONTHS:
Give 3 main meals and 2 snacks (small meals) in addition to breastmilk.
Give about 2 soup ladlefuls (nkwantra) of thick porridges made from local or fortified cereals.
Continue to give soft family foods prepared from locally available vegetables and with meats, fish, liver or heart
Continue to give fruits like mangoes and oranges after each meal.
Give small pieces of food that children can hold themselves like banana, oranges, wagashie or koose
Wash child’s hands with soap and water before and after meals.

2-5 YEARS:
Feed the child 3 main meals and two snacks (small meals) a day.
Give thick enriched porridges made from local or fortified cereals with bread or koose.
Continue to give family foods prepared from locally available vegetables and with meats, fish, liver or heart.
Give more food to a very active child.
Continue to give fruits like mangoes and oranges.
Wash child’s hands with soap and water before and after meals.
Deworm child every 6 months.
0-6 MONTHS:
Give only breast milk for the first 6 months

- Put the baby to breast within 30 minutes after birth.
- Give the first yellowish milk (colostrum) to the child for protection.
- Give no water or any other liquid or foods.

Breastfeed the child as often as the baby wants, day and night.

From 7 months
Feed 3 main meals a day in addition to breastmilk

- Increase the variety of foods by giving soft rice or yam or banku with thick ground nut soup or palmnut soup or nkotomire stew.
- Prepare stews and soups with mashed meat or fish or liver or heart.
- Give thick porridges made from fortified foods that have added minerals and vitamins.
- Increase the quantity of meal as child grows till you can give one soup ladleful (nkwantre).
- Give fresh fruit juice after every meal.
- Wash child’s hands with soap and water before and after meals.

6-9 MONTHS:
At 6 months
Feed 2 main meals a day in addition to breastmilk

- Start giving thick porridges or other mashed foods and fruits to baby.
- Give 1 stew ladleful (abom atre) of thick porridge or mpotompoto.
- Enrich porridge with groundnut paste, mashed, well boiled egg yolk or fish or meat.
- Add mashed liver or heart or fish or other meats to soups, stews or mpotompoto to prevent anemia.
- Give thick porridges made from fortified foods that have added minerals and vitamins.
- Give fresh fruit juice after every meal

9-12 MONTHS
Give 3 main meals and one snack (small meal) a day in addition to breast milk

- Give one or two soup ladlefuls (nkwantre) of thick porridges and other foods.
- Give softened foods like rice, TZ, banku, yam with stew or soups.
- Prepare stews or soups or mpotompoto with (kontomire or bokoboko or aleefu) and meats, fish or liver.
- Give fresh fruit juice after every meal.
- Wash child’s hands with soap and water before and after meals.