

Feeding recommendations during sickness and health

Up to 6 months of age

*breastfeed as often as the child wants ,
day and night , at least 8 times in 24 hours

*do not give other foods or fluid

*do not use teats

6 months up to 12 months

breastfeed as often as the child wants

give adequate servings of :

1-rice ,bread

3-legumes (adas , mash ,humis , lubia)

4-mashed vegetables , mashed potatoes ,
carrots , vegetable soup

5-meat , fish , chicken (by the age of 7
months)

6-eggs (by the age of 9 month)

3 times per day if breastfed

5time per day if not breastfed

Start first with fluid diet then semisolid food

Use cup and spoon

Do not use bottles or teats

12 month up to 2 years

breastfeed as often as the child wants

give family food 3 times per day . it should contain adequate servings of :

1-yogurt , cheese , bread , eggs

2-meat , chicken , fish

3-adas , humis , mash , lobia , rice

4-fresh fruit juice

5-tomamo juice

Also ,twice daily , give nutritious food between meals , such as

1-fried or boiled potatos

2-bread , eggs , cheese , halawa tahina ,
debes , rashie

3-fruits , dates

2 years and older

Give family foods at 3 meals each day . also , twice daily , give nutritious food between each meals , such as :

1-fried or boiled potatos

2-bread , eggs , cheese , halawa tahina ,
debes , rashie

3-fruits , dates

4-cookies

5 feeding each day of family food other than nutritious food

Feeding recommendations for a child who has persistent diarrhea

1-if still breastfeeding , give more frequent ,longer breastfeeds , day and night .

2-if taking other milk

a-replace with increased breastfeeding or

b-replace with fermented milk products
(yogurt) or

c-replace half the milk with nutrient rich
semisolid food

3-for other foods, follow the feeding
recommendation of the child's age