

Chart 16. Feeding recommendations during sickness and health^a

Up to 6 months of age

- ▶ Breastfeed as often as the child wants, day and night, at least eight times in 24 h. Frequent feeding produces more milk.
- ▶ If child is < 1 week and is low birth weight, feed at least every 2 to 3 h. Wake the baby for feeding after 3 h.
- ▶ Do not give other foods or fluids.
- ▶ If the child is > 4 months, appears hungry after breastfeeding and is not gaining weight adequately:
 - Add complementary foods (see below).
 - Give 2–3 tablespoons of these foods once or twice a day after breastfeeding.



6–12 months

- ▶ Breastfeed as often as the child wants day and night, at least eight times in 24 h.
- ▶ Give adequate servings of locally appropriate nutrient-dense foods, well mashed or finely chopped, increasing gradually (see Table 31 for examples):
 - three times per day if breastfed
 - five times per day if not breastfed, plus 1–2 cups of milk

12 months to 2 years

- ▶ Breastfeed as often as the child wants.
- ▶ Give a variety of adequate servings of locally appropriate nutrient-dense foods (see Table 31 for examples) or family foods five times a day.
- ▶ Offer one or two snacks between meals and continue to encourage and patiently feed the child during meals.

≥ 2 years

- ▶ Give family foods at three meals each day. Also, twice a day, give nutritious food between meals (see Table 31 for examples).
- ▶ Talk with your child during meals and keep eye contact.

^a A good daily diet should be adequate in quantity and include an energy-rich food (for example, thick cereal with added oil), meat, fish, eggs or pulses and fruit and vegetables.