



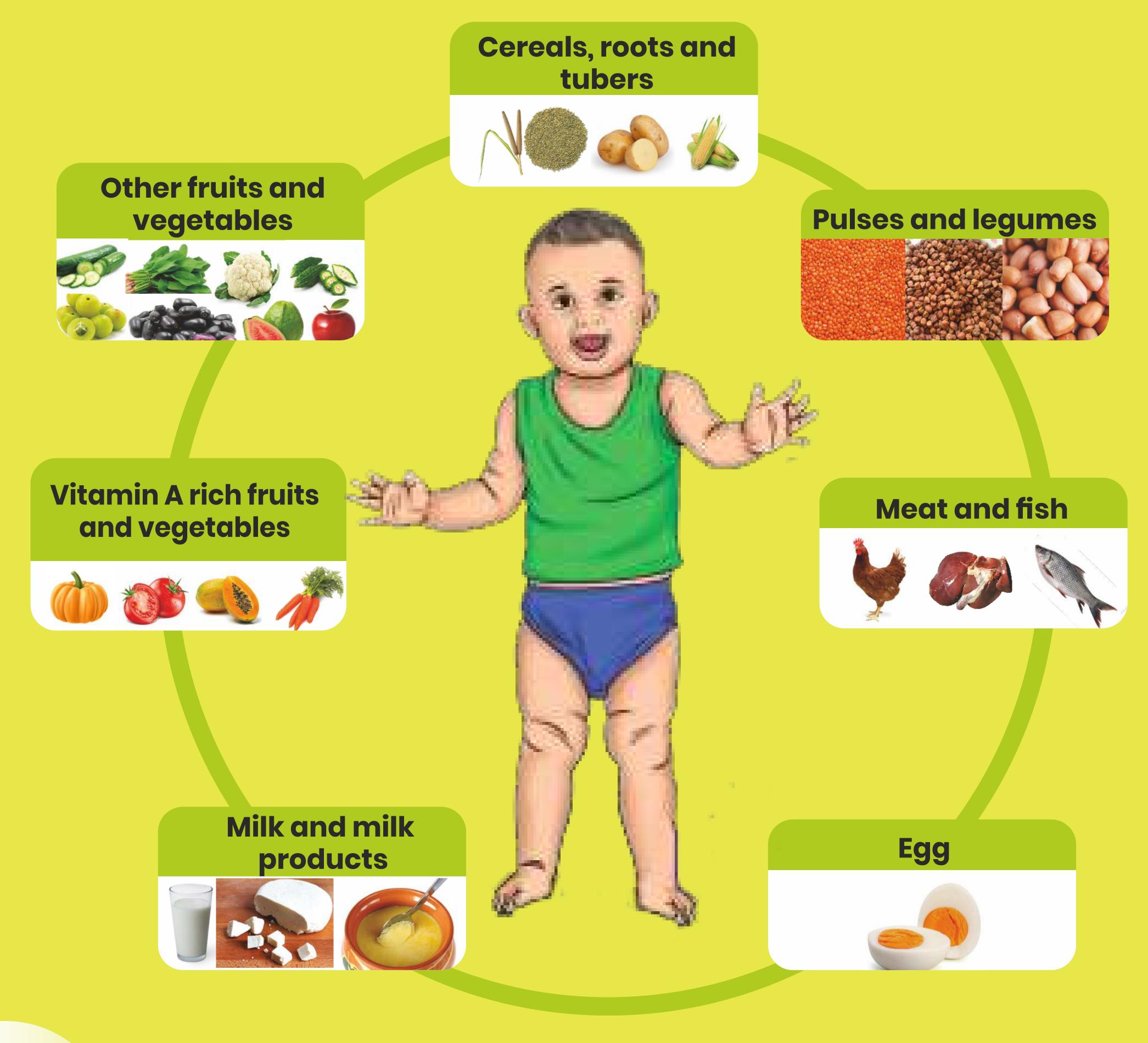
## DIET DIVERSITY FOR THE CHILD

FEED DIVERSE COMPLEMENTARY FOOD TO THE CHILD TO MEET HIS/HER GROWING NUTRITIONAL REQUIREMENTS

Every food group provides different nutritional benefits.

A child's complementary food must include atleast

4 out of 7 food groups daily.





Along with complementary feeding, continue breastfeeding upto 2 years and beyond.