

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 at least
4 out of 7 food groups daily.**

Cereals, roots and tubers



Other fruits and vegetables



Pulses and legumes



Vitamin A rich fruits and vegetables



Meat and fish



Milk and milk products



Egg



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

For more information, contact Self Help Group member of your area.

