

# Best Infant Nutrition

## Feeding/Stages

Breastfeeding is important for parent and baby. **Human milk promotes ideal child growth and development.**

As your baby grows, your milk will change to meet their nutritional needs. **Breastfeeding can also help protect you and your baby from illnesses and diseases.**

## Newborn-6 Months

Human milk provides the best nutrition for infants.\*



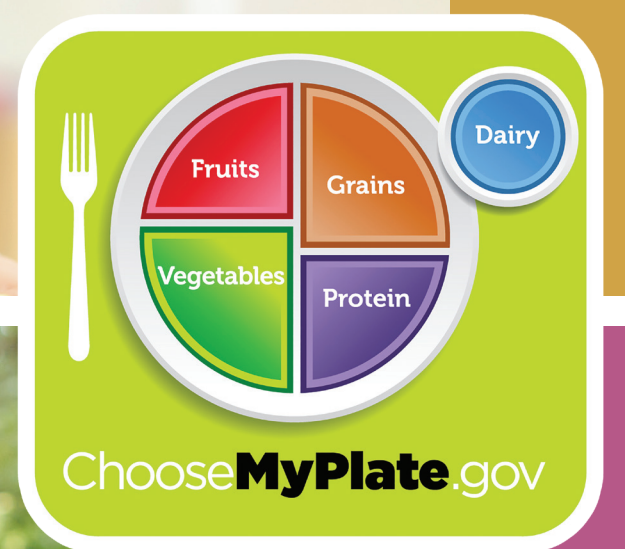
## 6-12 Months

Human milk and iron rich solid foods meet baby's nutritional needs.



## 12-24 Months

Human milk continues to be important along with a balanced diet using MyPlate.



## 2+ Years

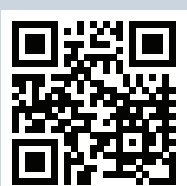
Human milk and a balanced diet support continued child growth and development and provide immune protection.



**\*Infants should receive vitamin D supplements starting in the first few days of life. Vitamin D and iron-fortified foods are important for a child's growth.**

Source: World Health Organization. (2020). Infant and young child feeding.

First Food recognizes the term "breastfeeding" may not represent all lactating individuals. First Food supports everyone inclusive of race, ethnicity, religion, sex, national origin, ancestry, age, marital status, physical or mental ability, socio-economic status, political views, gender identity, sexual orientation, family structure, or other protected status.



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