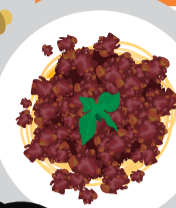
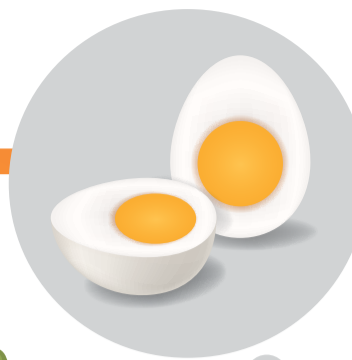
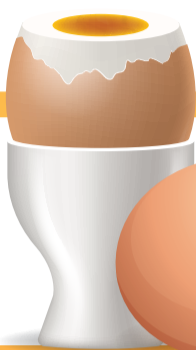


ONCE A BABY REACHES SIX MONTHS OF AGE,

continue to breastfeed your baby for as long as you are able to.

It's also important at this stage to introduce iron-rich foods like beans, ground mopane worms, minced meat or eggs.

FACT



Eggs are packed with healthy fats, minerals and vitamins e.g.

**OMEGA 3 + OMEGA 6 +
IRON + CHOLINE**

Which is great for your baby's

**GROWTH + BRAIN
DEVELOPMENT**



Eggs are also a pretty

**AFFORDABLE
SOURCE OF
PROTEIN**

and easy to find in most communities!



FACT

The South African National Department of Health and the South African Food Based Dietary Guidelines recommend

**THE INTRODUCTION OF
EGGS TO BABIES DIETS
FROM THE AGE
OF 6 MONTHS**



In addition to adding eggs or other



IRON-RICH FOODS



to your baby's diet, also give your baby...

**COOKED
& MASHED
STARCHES**

e.g. sweet potato



VEGETABLES

e.g. pumpkin



SOFT FRUITS

e.g. banana



Also remember to regularly offer your baby

**CLEAN WATER
FROM A CLEAN CUP**

(Only give a baby water from the age of 6 months)



Eggs should be avoided in children with known egg allergies. If any symptoms of allergy occur e.g. itchy rash, hives, runny nose, stomach cramps or difficulty breathing contact your local healthy facility immediately.