



# Nutrition ist the Key to the Future of your Child!

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How can **MEN** and **WOMEN WORKERS** give their children a good start in life?

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**NUTRITION** in **EARLY LIFE** is crucial for brain development and physical growth of your baby!

- TAKE A HEALTHY DIET DURING PREGNANCY
- 0-6 MONTHS: BREASTFEED ONLY, BECAUSE BREASTMILK IS THE BEST FOOD FOR BABIES.
- 6-24 MONTHS: GIVE BREASTMILK AND ADDITIONAL FOOD (LIKE MEAT, FISH AND VEGETABLES) TO THE BABY



Talk to a health care provider you trust at your workplace or in your community

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