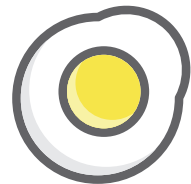


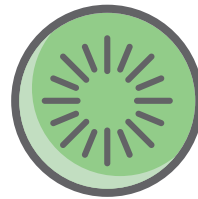
Start solid foods after 6 months to help your child grow healthy and strong



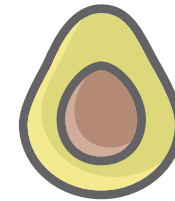
Offer a choice of foods that are healthy



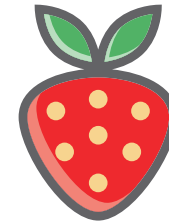
So your child can get used to new tastes and the feeling in their mouth, offer new foods many times



Include fruits and veggies as some of the first foods



Limit food with sugar and salt



Provide snacks and meals at regular times