



STOP ANAEMIA IN BABIES AND CHILDREN

Foods with iron that makes the blood strong

Red Meat



Bush Foods



Fresh, tinned or frozen vegetables



Pindan Walnut



Fish and Shellfish



Eggs



Breads and Cereals



Dried Fruits



Foods to eat each day

FOODS WITH VITAMIN C WHICH HELPS IRON TO BE ABSORBED

Capsicums



Kiwi Fruit



Mango



Broccoli



Gubinge has 50 times
more vitamin C than an orange



Oranges



Tomatoes



Paw Paws



Strawberries



Boab Nuts
10 times more than an orange



THE BEST DRINKS FOR BABY

Babies from birth to 6 months



Breast milk only

Babies 6 months to 1 year



Clean water (boiled then cooled)
and breast milk

Over 1 year old



FEED YOUR CHILDREN OFTEN IN THE DAY

Breakfast

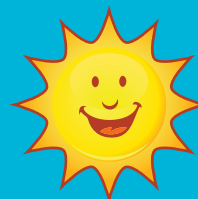
Morning Tea

Lunch

Afternoon Tea

Dinner

Drinks



Baked Beans



Yoghurt



Sandwich



Fruit



Casseroles



Glass of Milk



Eggs on Toast



Cheese on crackers



Soup



Chicken



Fish and Salad

