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Infant and Young Child Nutrition: Breastfeeding and Complementary Feeding

Nutrition is required for a child to grow, develop, and remain active and to reach adulthood without illness. Nutrients such as carbohydrates, fats, proteins are required in large amounts (macro nutrients), while some nutrients e.g. Vitamins, Iron, Calcium, Iodine etc. are required in minimum amounts (micro nutrients). Growth of the child can be assessed by plotting height & weight for the age in Road to Health Chart. If the child is not growing properly, it means the child is malnourished i.e. under nourished.

Nutrition in children is divided according to age as is given below:

0-6 months exclusive breastfeeding



- Infants up to six months are to be exclusively breast-fed. Feed at least eight times a day.
- Mothers should be encouraged to breast-feed on demand.
- Bottle-feeding should be discouraged and anxious mothers should be reassured.
- Breast milk is the ideal food for young infants as it contains all nutrients.