Nurturing Healthy Children
Vitamin A Saves Lives and Eyesight

- 6 to 11 months: Breastfeed exclusively
- 12 to 59 months: Breastfeed + complementary foods

0 to 6 months: Breastfeed exclusively
6 months to 2 years: Breastfeed + complementary foods

Learn more at vitaminangels.org