

WHO/NHD/00.1
WHO/FCH/CAH/00.6
Distr.: General
Original: English

Complementary Feeding

Family foods for breastfed children



Department of Nutrition for Health and Development
World Health Organization

© World Health Organization, 2000

This document is not a formal publication of the World Health Organization (WHO), and all rights are reserved by the Organization. The document may, however, be freely reviewed, abstracted, reproduced and translated, in part or in whole, but not for sale nor for use in conjunction with commercial purposes.

The views expressed in documents by named authors are solely the responsibility of those authors.

**Design and Layout by FSG MediMedia Ltd
Printed in France**

Acknowledgements

Special thanks are due to the London School of Hygiene and Tropical Medicine, and particularly to Ann Ashworth for her help in preparing and revising the text, and to Marilyn Aviles and Carol Aldous for their assistance.

Thanks are also due to those who provided technical inputs and data, especially Hilary Creed Kanashiro from the Instituto de Investigación Nutricional (Lima, Peru), Marie-Claude Dop from the French Institute for Scientific Research for Cooperative Development (ORSTOM, Montpellier), Ann Burgess and Patrice Engle.

This document was prepared by Randa Saadeh from the Department of Nutrition for Health and Development (NHD) in close collaboration with José Martines from the Department of Child and Adolescent Health and Development (CAH) with special inputs provided by Felicity Savage King (CAH).

Special appreciation is expressed to all those in WHO regional offices and Unicef New York who commented extensively on the draft.

Contents

Introduction	1
Key recommendations	2
What is complementary feeding?	3
Why are complementary foods needed?	3
When should complementary foods be started?	6
What are good complementary foods?	8
The staple	9
Importance of feeding a mixture of complementary foods	12
Pulses and oil seeds	12
Foods from animals	14
Dark-green leaves and orange-coloured vegetables and fruits	17
Oils, fats and sugars	21
How complementary foods can fill the energy and nutrient gaps	22
Which foods make good snacks?	33
Drinks	34
How much food and how often?	35
Encouraging young children to eat	37
Stopping breastfeeding	39
Protecting young children from disease	39
How can food be kept clean and safe?	41
Feeding during illness	43
Feeding during recovery	44
Helping working mothers	44
Checking progress	44
Meaning of words	46
Annex 1: Good sources of important nutrients	48
Annex 2: Recipes for good mixed meals from four countries	49
Annex 3: Composition (per 100g) of some foods	50
Annex 4: Technical Data	51

