Feeding infants 6 to 11 months of age

How often should I breastfeed?
 Breastfeed at least 8 times, day and night, until your child is two years old or more.

What foods should I feed my child each day?
 Give soft thick porridge always enriched with:
• 2 to 3 colorful foods, such as orange vegetables and fruits, green leafy vegetables, eggs, beans, lentils or peanuts
• Butter or oil each time
• Milk each time
• Meat, chicken or fish, when available

How much food should I feed my child each day?
 Feed 1 full buna cup of enriched porridge 2 to 3 times each day, or more if your child wants
 In between, also give mekses 1 to 2 times each day, including:
• Ripe mango or papaya
• Carrot
• Banana
• Fresh or fried bread products
• Boiled potatoes and sweet potatoes
• Avocado
• Peanuts

How should I feed my sick child?
• Breastfeed your baby more often during and after illness
• Be patient and encourage your baby to eat during illness
• Give 1 extra feeding of enriched porridge each day for 2 weeks after illness
How often should I breastfeed?
Breastfeed at least 8 times, day and night, until your child is two years old or more.

What foods should I feed my child each day?
Give family foods or soft thick porridge always enriched with:
- 2 to 3 colorful foods including orange vegetables and fruits, green leafy vegetables, eggs, beans, lentils or peanuts
- Butter or oil each time
- Milk each time
- Meat, chicken or fish when available

How much food should I feed my child each day?
Give 1 to 1 1/2 full buna cups of family foods or enriched porridge 3 to 4 times each day, or more if your child wants
In between, also give mekses 1 to 2 times each day, including:
- Avocado
- Ripe mango or papaya
- Carrot
- Banana
- Fresh or fried bread products
- Boiled potatoes and sweet potatoes
- Peanuts

How should I feed my sick child?
- Breastfeed your child more often during and after illness
- Be patient and encourage child to eat during illness
- Give 1 extra feeding of family food or enriched porridge each day for 2 weeks after illness