

TIPS

- Think nutritious foods first.
- Try small, frequent meals.
- Protein is key for baby.
- Food safety is important.
- Remember to MOVEL

Watch portion sizes

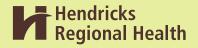
Meat: size of a deck of cards Dairy: 8 oz. glass

<u>Cheese:</u> size of 4 dice

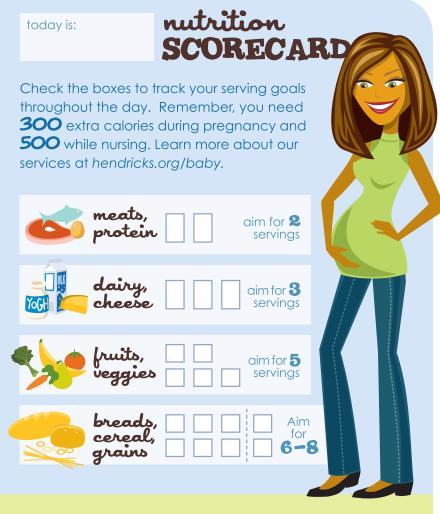
Fruits & veggies:

1/2 c. cooked, 1 c. raw

Cereal: 1/2 c.



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