

**PREGNANT**

**0–270 DAYS**

NUTRITION DURING PREGANCY



**BIRTH**

**1 DAY**

IMMEDIATE BREASTFEEDING



**0–6 MONTHS**

**181 DAYS**

EXCLUSIVE BREASTFEEDING



**6–8 MONTHS**

**92 DAYS**

CONTINUED BREASTFEEDING

INTRODUCTION OF COMPLEMENTARY FOODS



**9–11 MONTHS**

**92 DAYS**

CONTINUED BREASTFEEDING

INCREASED FREQUENCY OF COMPLEMENTARY FOODS



**12–24 MONTHS**

**365 DAYS**

CONTINUED BREASTFEEDING

INCREASED FREQUENCY OF COMPLEMENTARY FOODS