****

**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