



Pregnant Women
(9 months/270 days)

+ Birth

+ **0–6 months**
(181 days)

+ **6–9 months**
(92 days)

+ **9–12 months**
(92 days)

+ **12–24 months**
(365 days)

=

**FIRST
1000
DAYS
OF
CARING**

Eat variety of foods from six food groups every day	Initiate breastfeeding within one hour	Feed only breast milk	Continue breastfeeding	Continue breastfeeding	Continue breastfeeding
Eat one extra meal than usual	Feed thick and yellow first milk	Do not give water to your baby	Feed foods from four-star food groups each day	Feed foods from four-star food groups each day	Feed foods from four-star food groups each day
Take iron and folic acid tablets		Do not feed your baby any solid or liquid food other than breast milk	Feed 1~2 meals plus 1~2 snacks between meals a day.	Feed 1~2 meals plus 1~2 snacks between meals a day.	Feed 1~2 meals plus 1~2 snacks between meals a day.
			Start with 2 to 3 tablespoonful each feeding and gradually increase the amount up to half of 250 ml cup or bowl.	Give half of 250 ml cup or bowl each feeding.	Give 3/4 to full 250 ml cup or bowl each feeding.
			Feed your baby mashed foods	Give small pieces of foods that baby can pick up	Baby can eat family foods as adults

