

How to give Bobor Khap Krop Kroeung to children

Caregivers should feed 6-24 month old children the appropriate quantity and frequency of **bobor khap krop kroeung** (thick and multi-ingredient porridge) according to their age and continue to breastfeed

6 months



- 2 meals per day
- 2-3 tablespoons per meal
- Breastfeed at least 8 times per day

7 - 8 months



- 3 meals per day
- ½ bowl per meal
- Breastfeed at least 8 times per day

9 - 11 months



- 3 meals per day
- 1 nearly full bowl per meal
- 1 nutritious snack per day
- Breastfeed at least 6 times per day

12 - 24 months



- 3 meals per day
- 1 full bowl per meal
- 2 nutritious snacks per day
- Breastfeed at least 3 times per day

Source: National Nutrition Program