

Foods activity cards



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE

A graphic element for the Breakthrough ACTION logo, consisting of a blue square with a white curved line and a grey sphere.

FISH



Sick, recovering and healthy babies over 6 months can eat **fish.**



Small fish and dried fish are great substitutes if you can't get fish.

EGGS



Sick, recovering and healthy babies over 6 months can eat **eggs.**



Eggs are a nutritious and easy option for babies to eat. But if you can't access eggs many other foods are also nutritious.

BREAST MILK



Sick, recovering and healthy babies can **breastfeed**.



Breast milk is one of the most nutritious foods you can give a baby. When appetite is low, breast milk is easy for the baby to accept.

DRIED SMALL FISH



Sick, recovering and healthy babies over 6 months can eat **dried small fish.**



Dried small fish are great for growth. To help your baby eat them, grind them into a powder and add them to all other soft foods.

COW'S MILK



Sick, recovering and healthy babies over 6 months can have **cow's milk**.



Cow's milk is a nutritious food for babies, but it is not necessary for babies to become strong. Breast milk is an even more nutritious option!

MEAT



Sick, recovering and healthy babies over 6 months can eat **meat**.



It is often difficult for families to have access to meat, so dried small fish, are good substitutes.

SMALL FISH



Sick, recovering and healthy babies over 6 months can eat **small fish.**



Small fish can add a lot of value. For the baby, boil then puree or roast then powder them.

BEANS



Sick, recovering and healthy babies over 6 months can eat **beans.**



Beans can add a lot of value.
Cooking beans a long time
can make them easier on the
baby's stomach.

PEANUTS



Sick, recovering and healthy babies over 6 months can eat **peanuts.**



Peanuts can add a lot of value.
Crush them and add them to
any food.

PEAS



Sick, recovering and healthy babies over 6 months can eat **peas.**



Peas can add a lot of value.
Cook or mash them for babies.

SOYBEANS



Sick, recovering and healthy babies over 6 months can eat **soybeans.**



Soybeans are an excellent food for babies. They can be prepared as a puree or powder.

CORN



Sick, recovering and healthy babies over 6 months can eat **corn.**



Good substitutes are
sorghum, sweet potato,
or vegetables

FOUFOU



Sick, recovering and healthy babies over 6 months can eat **foufou.**



Try mixing in ground peanuts or beans to make foufou even more nutritious for baby.

CASSAVA



Sick, recovering and healthy babies over 6 months can eat **cassava.**



Try mixing in something sweet like banana to make your baby enjoy cassava more.

RICE



Sick, recovering and healthy babies over 6 months can eat **rice.**



Sweet potatoes, vegetables
and bananas are all good
substitutes for rice.

BREAD



Sick, recovering and healthy babies over 6 months can eat **bread.**



Bread makes a good snack between meals. Try dipping a small piece in milk or water to make it easier for the baby to swallow.

POTATOES



Sick, recovering and healthy babies over 6 months can eat **potatoes**.



Good substitutes are sweet potatoes, sorghum, or bananas.

DONUTS



Sick, recovering and healthy babies over 6 months can eat **donuts.**



Donuts are not the best food for babies, but they can be a snack between meals. Dip a small piece in milk or water to make it easier for the baby to swallow.

TARO



Sick, recovering and healthy babies over 6 months can eat **taro.**



Taro can easily become a good texture for babies by cooking and mashing it. Consider adding peanuts or to increase the value of the meal.

SORGHUM



Sick, recovering and healthy babies over 6 months can eat **sorghum.**



Cooked, pureed or ground sorghum is good for babies.
Mix it with tasty foods to encourage your baby to eat it.

PORRIDGE



Sick, recovering and healthy babies over 6 months can eat **porridge.**



To increase the porridge value, add ground peanuts or beans, or also give the baby another food that your family eats, such as bananas or sweet potatoes.

YAMS



Sick, recovering and healthy babies over 6 months can eat **yams**.



Cooking yam until it's soft can help a baby chew it easily. Try mixing it with tasty foods so your baby will enjoy it.

CARROTS

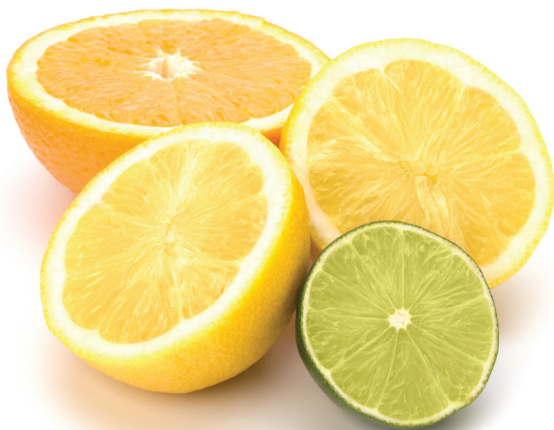


Sick, recovering and healthy babies over 6 months can eat **carrots.**



Cook or mash carrots
for babies.

CITRUS



Sick, recovering and healthy babies over 6 months can eat **citrus fruits.**



Break the fruit into small pieces for the baby. Some families find that citrus can stimulate a baby's appetite.

SQUASH LEAVES



Sick, recovering and healthy babies over 6 months can eat **squash leaves.**



They are rich in nutrients and good for the child's recovery.

CASSAVA LEAVES



Sick, recovering and healthy babies over 6 months can eat **cassava leaves.**



They are rich in nutrients and good for the child's recovery.

TARO LEAVES



Sick, recovering and healthy babies over 6 months can eat **taro leaves**.



They are rich in nutrients and good for the child's recovery.

PEA LEAVES



Sick, recovering and healthy babies over 6 months can eat **pea leaves.**



They are rich in nutrients and good for the child's recovery.

BANANA



Sick, recovering and healthy babies over 6 months can eat **bananas.**



Bananas are easy for siblings to prepare in the middle of the day. Cut it into small pieces for the baby.

MANGO



Sick, recovering and healthy babies over 6 months can eat **mango.**



Mango is easy for siblings to prepare in the middle of the day. Wash, peel, and cut it into small pieces for the baby.

PINEAPPLE



Sick, recovering and healthy babies over 6 months can eat **pineapple.**



Some families find that fruit can help stimulate appetite. Wash, peel, then cut it into small pieces to feed the baby.

AVOCADO



Sick, recovering and healthy babies over 6 months can eat **avocado.**



Avocado is a great food for babies. On days of only grains and *sombé*, avocado adds a lot of value.

PAPAYA



Sick, recovering and healthy babies over 6 months can eat **papaya.**



Papaya is easy for siblings to prepare in the middle of the day. Wash and mash it for the baby.

PLUM



Sick, recovering and healthy babies over 6 months can eat **plums.**



Cut or puree it to mix with other foods to make them more appealing.

ONIONS



Sick, recovering and healthy babies over 6 months can eat **onions.**



Onions are good for babies and can make a food more appealing to the baby.

PASSION FRUIT



Sick, recovering and healthy babies over 6 months can eat **passion fruit.**



Passion fruit is easy for siblings to prepare in the middle of the day.

SWEET POTATOES



Sick, recovering and healthy babies over 6 months can eat **sweet potatoes.**



Sweet potatoes are very nutritious and babies often love their sweet taste! Cook until they are very soft and mash them so they are easy to swallow.

AMARANTH



Sick, recovering and healthy babies over 6 months can eat **amaranth.**



Amaranth is a nutritious vegetable and good for babies. Add ground dried small fish or peanuts to make it even better.

SQUASH



Sick, recovering and healthy babies over 6 months can eat **squash.**



Cook until very soft and mash squash for the baby.

OTHER FOODS



Does your family eat anything
else not shown on these
cards?

Almost any food your family
eats can be offered to the
baby too!

