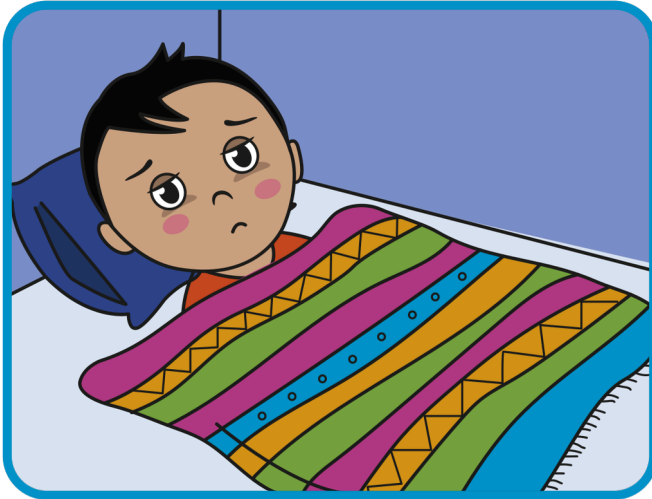


Feed them to fight illness!



The baby's body is working hard to fight off the disease and recover. **They need a lot of energy from food to fight!**

A sick baby may have limited appetite, but they need to eat to replenish their energy. Feed the baby more times each day, even if they only eat a little each time.

Breast Milk



Continue breastfeeding and breastfeed the baby for a few minutes longer than usual.

Eggs



The egg can be cut into very small pieces or mashed.

Tortillas and Beans



Prepare a thick bean porridge and add tortilla pieces.

Fortified Porridge



Serve a thick porridge of fortified cereal and add diced fruit to make it more nutritious.

During illness, and for 2 weeks after, while they recover, **they need nutritious foods** to fight their illness and recover.

What will you do to help your baby recover?