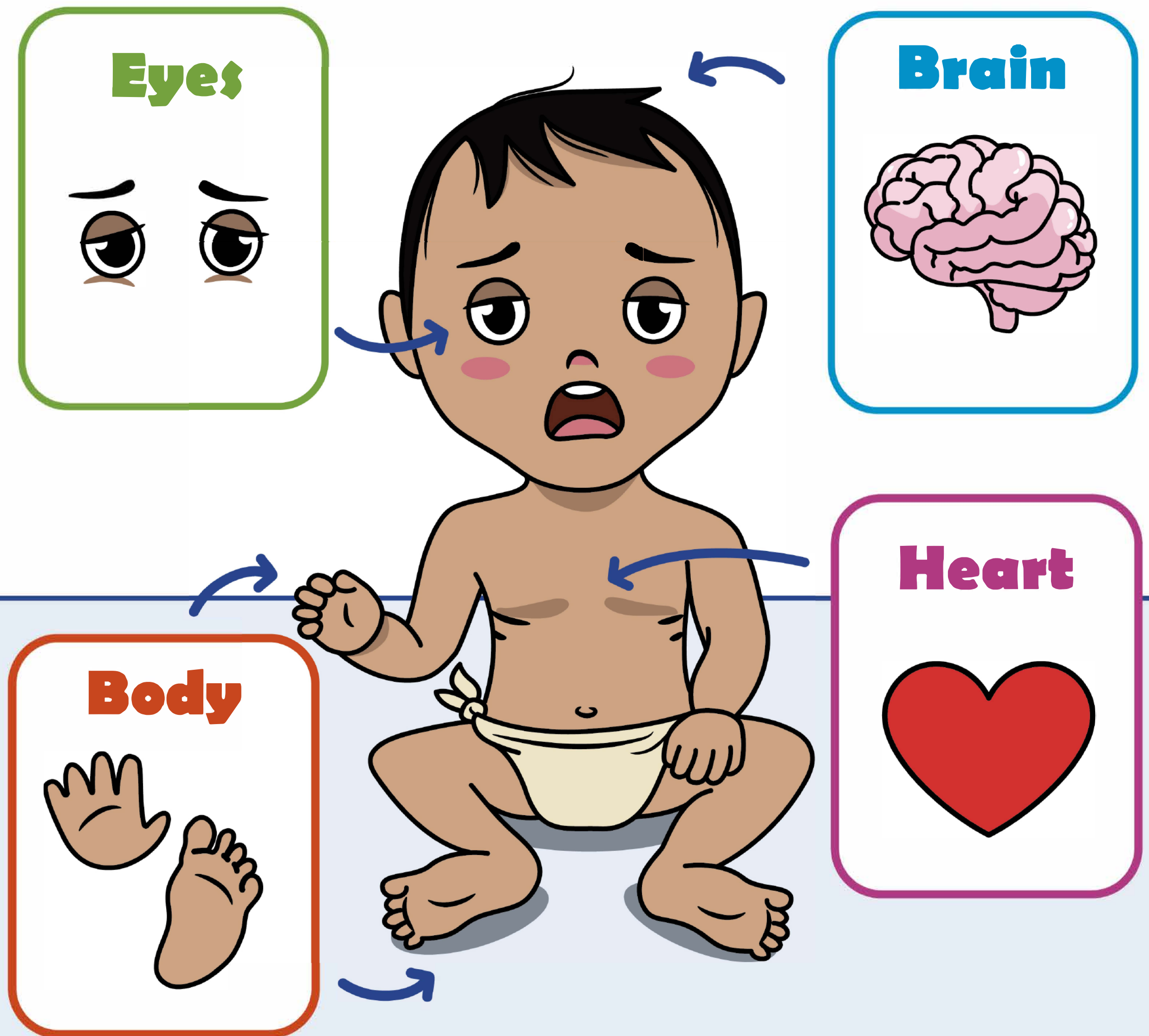


1 Feed them to fight illness!

We're going to learn why it's important to feed your baby when they are sick and for 2 weeks during recovery.



Your baby's body works hard to fight illness.
Energy from food can help them fight!

1 Feed them to fight illness!

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Their eyes may look tired and they will be sleepier than usual because their body is using all its energy to fight the illness.

They may be irritable or sad because their brain is using all its energy to fight the illness.

Their heart may beat faster because it's working hard to pump blood around the body to fight the illness.

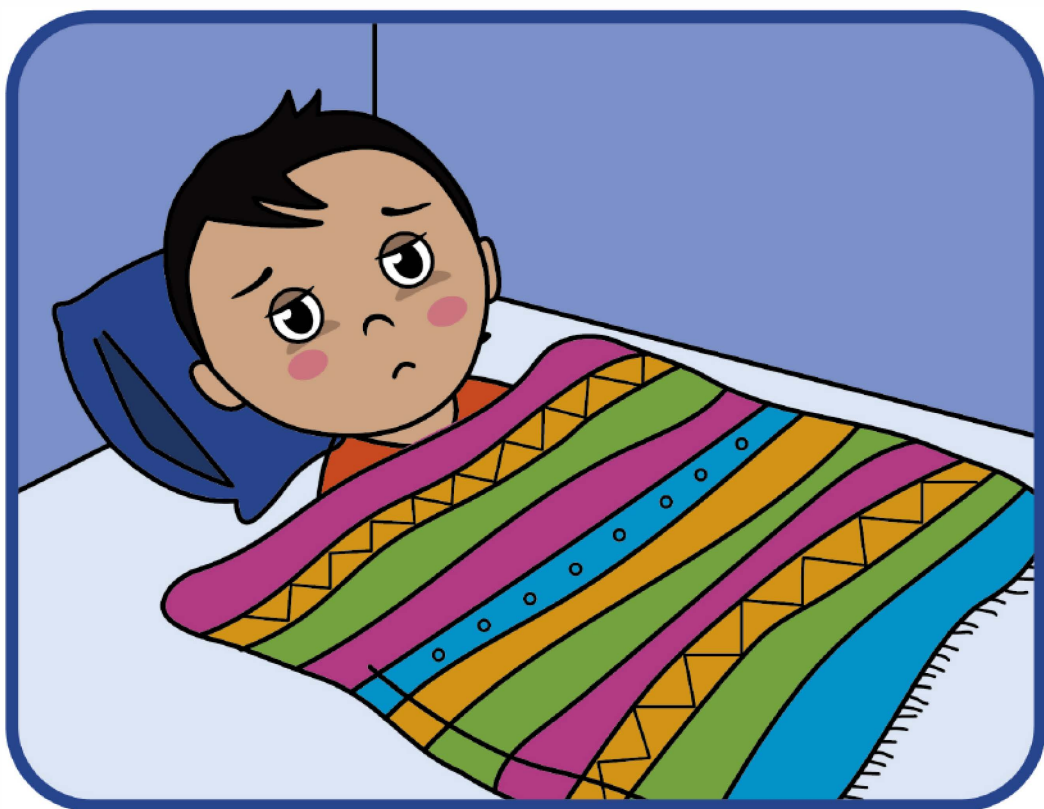
They might not be as active or playful as usual because they are using energy to fight the illness.



Your baby's body works hard to fight illness.
Energy from food can help them fight!

2

Let's learn about how, like a **thick blanket**, nutritious food can protect your baby when they are sick.



Nutritious foods are like a **thick blanket**. They protect your baby. Your baby needs nutritious foods during times of illness.

3

When a baby is sick, and for 2 weeks after, during recovery, they need **nutritious foods** to fight their illness and recover.

Eggs



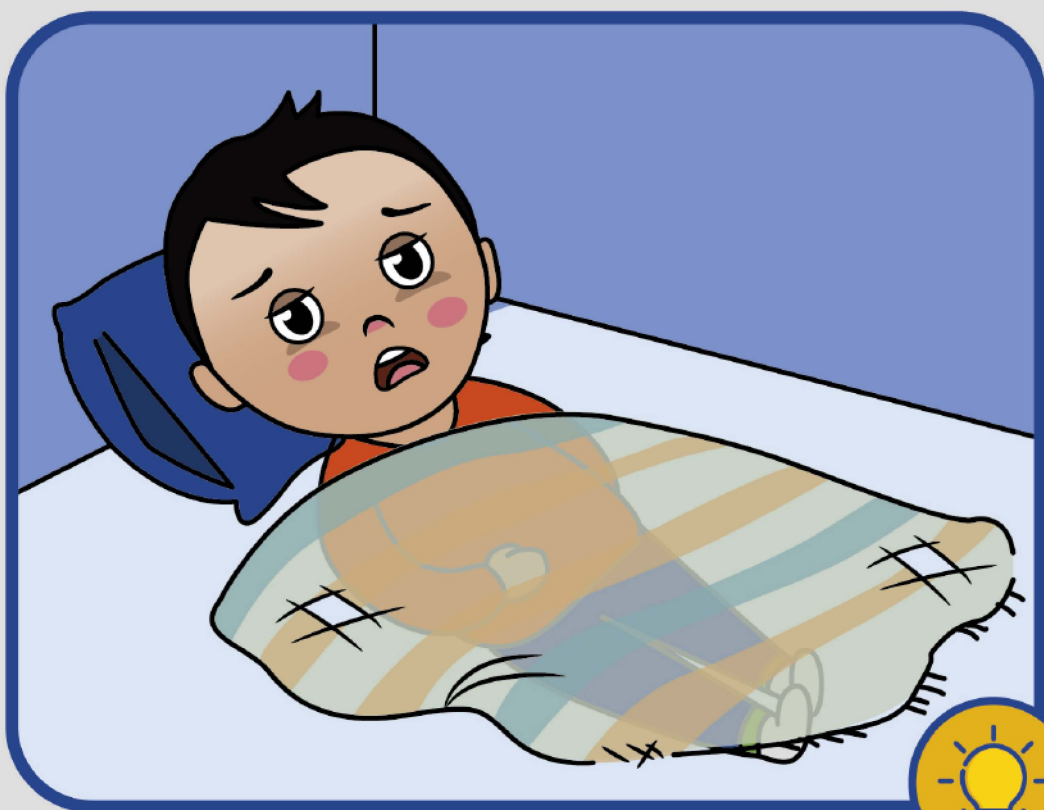
Breast Milk



Tortilla and Beans



Porridge



Some foods are like a light blanket. They are less protective and may let the cold and wind pass through. A **thick blanket** is more protective.

Broth



Atole

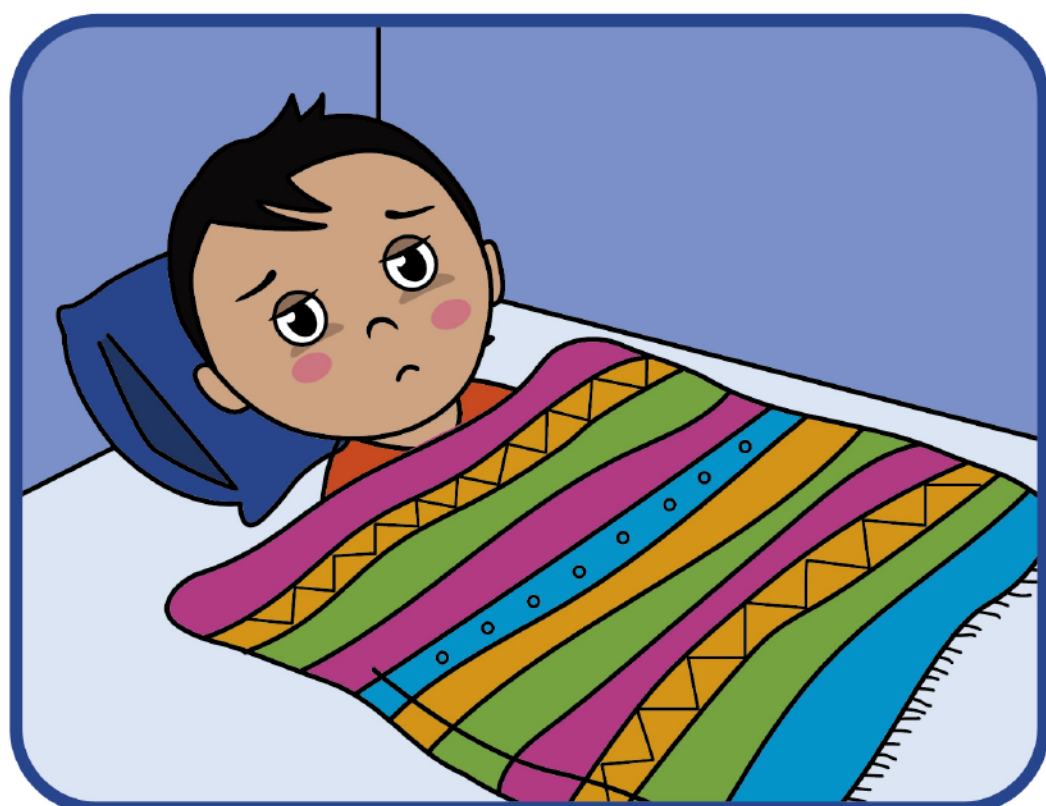


Instant Soup



2

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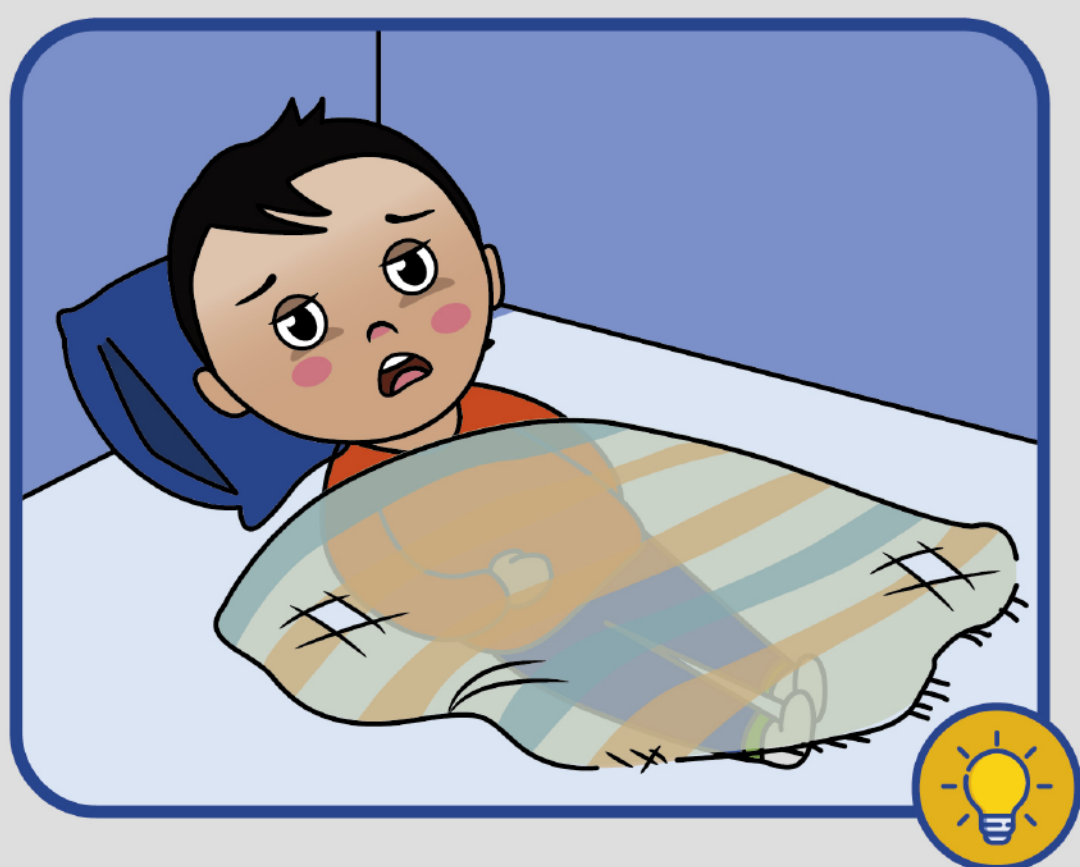
When a baby is sick, and for 2 weeks after, during recovery, **they need nutritious foods** to fight their illness and recover.

Cut eggs into small pieces or mash them.

Continue to breastfeed and do so a few minutes more than usual each time.

Prepare a thick stew of beans and add small pieces of tortilla.

Serve a thick, fortified porridge and add small pieces of fruit.



Some foods are like a light blanket. They are less protective and may let the cold and wind pass through. A **thick blanket is more protective**.

Broth from cooking beans does not have enough nutrients to help your baby recover. Feed them ground or mashed beans instead.

Thin atole doesn't have enough nutrients. It fills the baby's stomach without nourishing them, but you can make it more nutritious by adding a fortified porridge.

Instant soups in cups or sachets contain a lot of salt and don't have enough nutrients to help your baby recover.



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