

Once they are developmentally ready...

INFANTS NEED 3

components at all meals and snacks

Breastmilk or
Iron Fortified Infant
Formula

Vegetable,
Fruit or Both



Meals:

Iron-Fortified Infant Cereal or Meat/
Meat Alternate

Snacks:

Bread, Crackers or Ready to Eat
Cereal

PROVIDERS
CHOICE