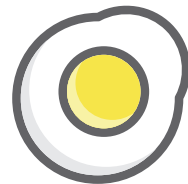


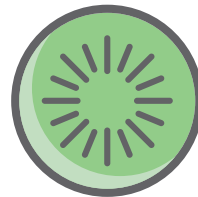
Start solid foods after 6 months to help your child grow healthy and strong.



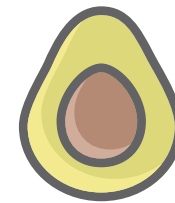
Offer a choice of foods that are healthy.



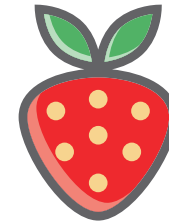
Offer your child new foods many times so they can get used to new tastes and feelings in their mouth.



Include fruits and veggies as some of the first solid foods you give your child.



Limit food with sugar and salt.



Provide snacks and meals at regular times.