

**Various foods representing healthy nutrition in Kenya. Colour lithograph by Ministry of Health, ca. 2000.**

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# Healthy Nutrition

- Breast milk is all your baby needs to grow well for the first 6 months
- After 6 months, give additional nutritious foods at least 4 times a day
- Boost immunity every six months with Vitamin A! Get it free from government health facilities for all children from 6 months to 5 years.
- To grow well, your child needs a variety of different kinds of food everyday
- A mix of colorful fresh foods is the healthiest
- Wash your hands with soap before feeding your child and preparing food.



## Malezi Bora

Afya Leo ni Uzima Kesho

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