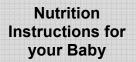


P.O. Rose: 44577, **DUBAI**, U.A.E. Tel: 04 207 8888, Fao: 04 207 8955 P.O. Rose: 457, **Shanjah**, U.A.E. Tel: 08 505 8888, Fao: 06 505 0000

ميرب ۲۹۳۳، ليلي (وج ملك ۲۹۷، ۲۹۷ ك علكي ۱۹۷۹ م. مرب ۲۹۷، فلكرفة (وج ملك ۲۹۷، ۲۵۹، فلكي ۱۹۹۹ ۲۹۹، ۲۰





Nutrition Instructions:

1. Exclusive breast feeding for the first 6 months of age and beyond.

E-mail: Info@pilokkahospilbils.com + Webelle: www.ralekkahospilals.com

- 2. Introduce complementary foods at 6 month.
- 3. Expose the baby daily to sun rays.
- 4. Use cup and spoon to feed the baby.
- 5. Don't add any sugar, salt or spices to baby's food.
- Start with one type of food and in a small amount; wait for (2-3) days check allergy then introduce another type of food.

At 6 month of age:

- Start with cereals such as (rice, corn flour, and oats). Delay the wheat after 6 months.
- Add vegetables such as (squash, green pumpkin and potatoes).
- Then introduce fresh fruit such as (apple, pear and papaya).
- At the end of 6 months, introduce boiled egg yolk. Delay egg white after one year.

From 7 – 8 months you can introduce:

- Plain yogurt without sugar and other flavors.
- Chicken (skin removed), lean mutton and pulses such as lentils and beans (skin removed).
- You can add vegetable oil to baby food.
- You can give dates at the end of 8 months.

From 9 – 10 months you can introduce:

- Beef (all fats removed) and fish.
- Milk product such as cheese.
- At this age the child can eat table food.
- Continue breast feeding.

After 1 year, you can give:

- Fresh milk mixed with food.
- Honey.
- Baby meals should contain all food groups such as (cereal vegetable, meat and fruits).
- Continue breast feeding.