

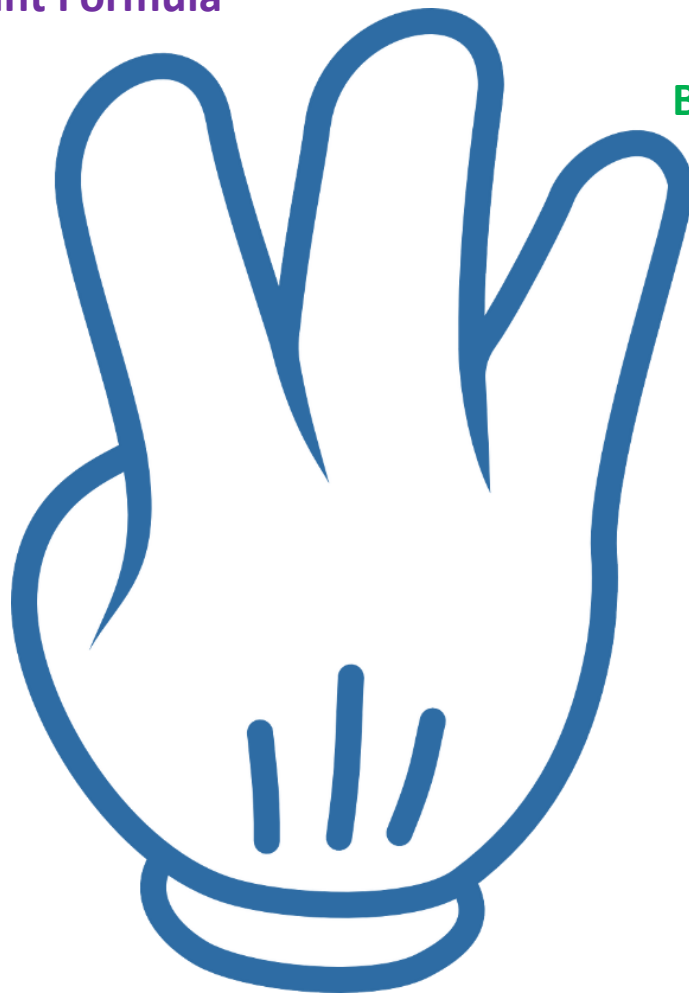
Once an infant is developmentally ready...

INFANTS NEED 3

at all meals and snacks.

Breastmilk or
Iron Fortified Infant Formula

Vegetable, fruit or both



Breakfast/Lunch/Dinner:
Infant Cereal or Meat

Snacks:
Bread, Crackers or
Ready to Eat Cereal