

## **Did you know?**

During babies'™ first year of life their nutritional needs are higher than those of adults. Babies have small tummies, but big nutritional needs because their bodies are rapidly growing in the first years of life. As their bellies are smaller than those of adults, they need food that is relatively rich in energy and nutrients.

Breastfeeding is the best source of nutrition for all infants up to around 6 months, when other solid foods can be introduced. Solid foods should come from a balanced nutritious diet including foods from each of the food groups. Looking for more information? See [Introducing Solids to Your Baby: Step by Step Guide to First Food](#).