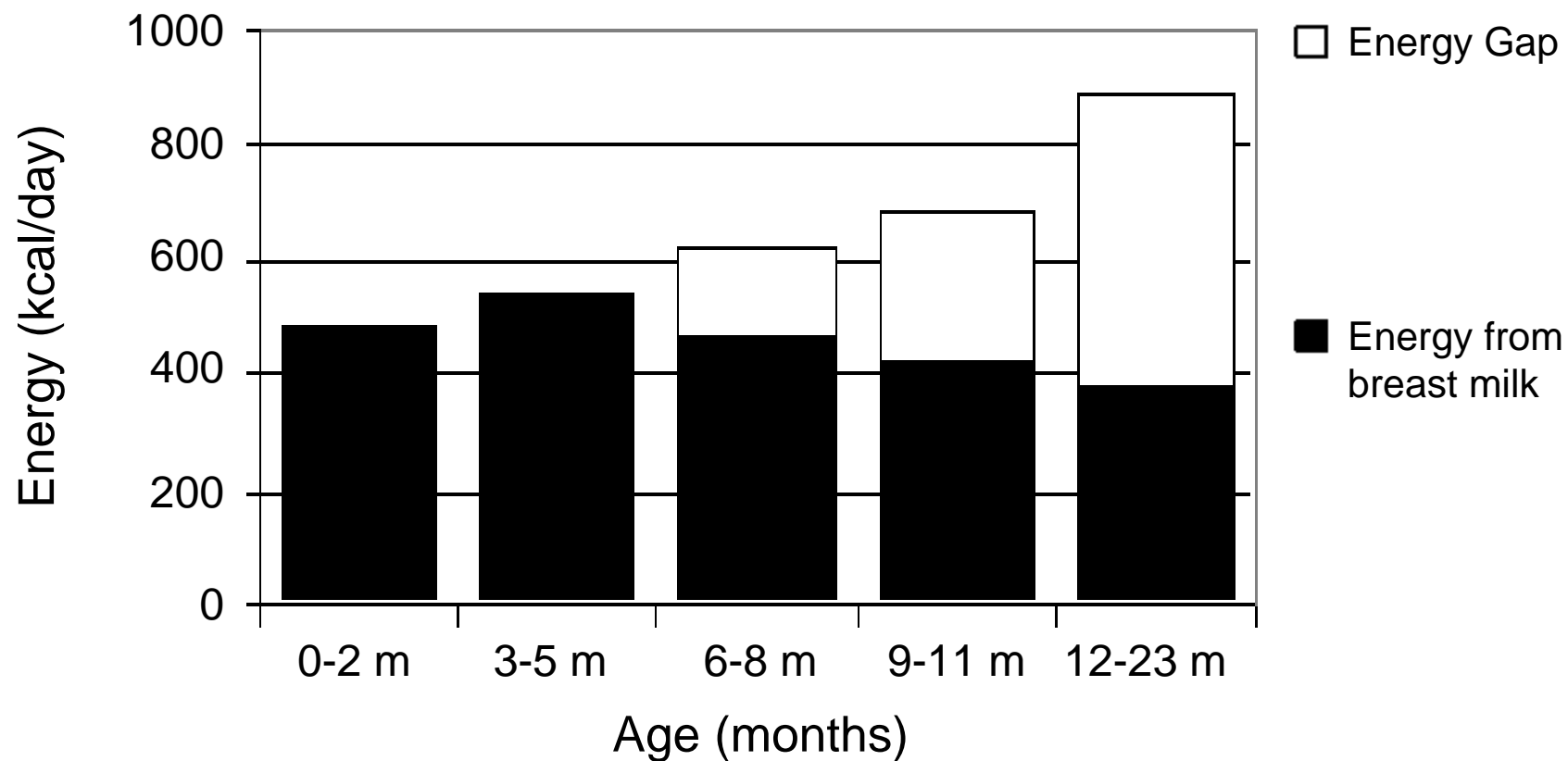


Energy required by age and the amount supplied from breast milk



Foods to fill the energy gap

After completing this session participants will be able to:

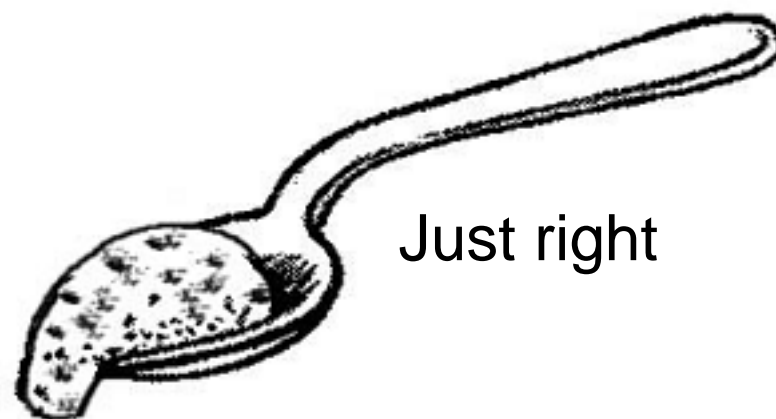
- list the local foods that can help fill the energy gap
- explain the reasons for recommending using foods of a thick consistency
- describe ways to enrich foods
- list the Key Message from this session

Stomach size

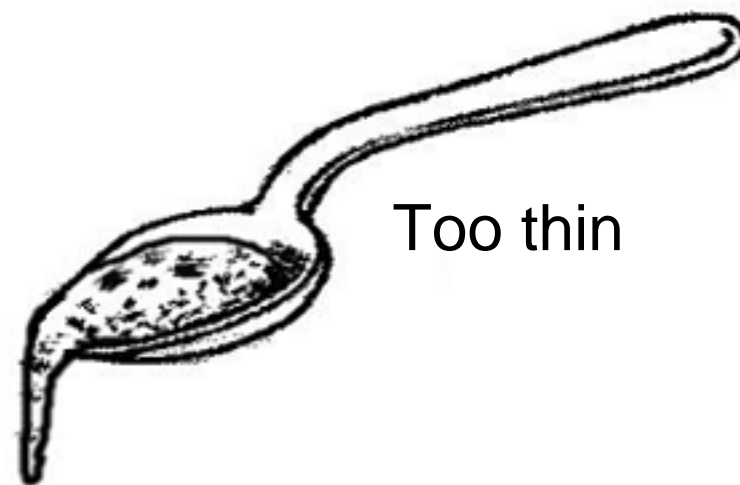


Key Message 3

Foods that are thick enough to stay in the spoon give more energy to the child



Just right



Too thin

Fats and oils



butter / margarine / ghee



coconut