FOOD BABY NEEDS DURING FIRST YEAR

FOOD. The main food will be milk — breast milk or formula. (A vitamin supplement is prescribed by doctor.)

ORANGE JUICE. This or any other fruit juice high in vitamin C is needed by your first-year baby.

OTHER FOODS. Ready-to-serve baby cereals, strained meats, strained fruits and vegetables and egg yolks are included in baby's food needs.

D VITAMIN. Baby needs a reliable source of vitamin D, if not supplied in the formula.