



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.

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

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Cooperative Extension Work in Agriculture and Home Economics, Texas A&M University and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.
10M—3-71, Reprint

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