

TABLE OF CONTENTS

8	Introduction
10	Duration of exclusive breastfeeding and age of introduction of complementary foods
12	Maintenance of breastfeeding
14	Responsive feeding
16	Safe preparation and storage of complementary foods
18	Amount of complementary food needed
20	Food consistency
21	Meal frequency and energy density
22	Nutrient content of complementary foods
25	Use of vitamin-mineral supplements or fortified products for infant and mother
26	Feeding during and after illness
28	Use of these Guiding Principles