Nurturing Healthy Children
Vitamin A Saves Lives and Eyesight

VITAMIN A + HEALTHY DIET

6-11 MONTHS
1 AGE-APPROPRIATE DOSE EVERY 4-6 MONTHS

6-12 MONTHS

12-59 MONTHS

0 to 6 months: Breastfeed exclusively
6 months to 2 years: Breastfeed + complementary foods

Learn more at vitaminangels.org