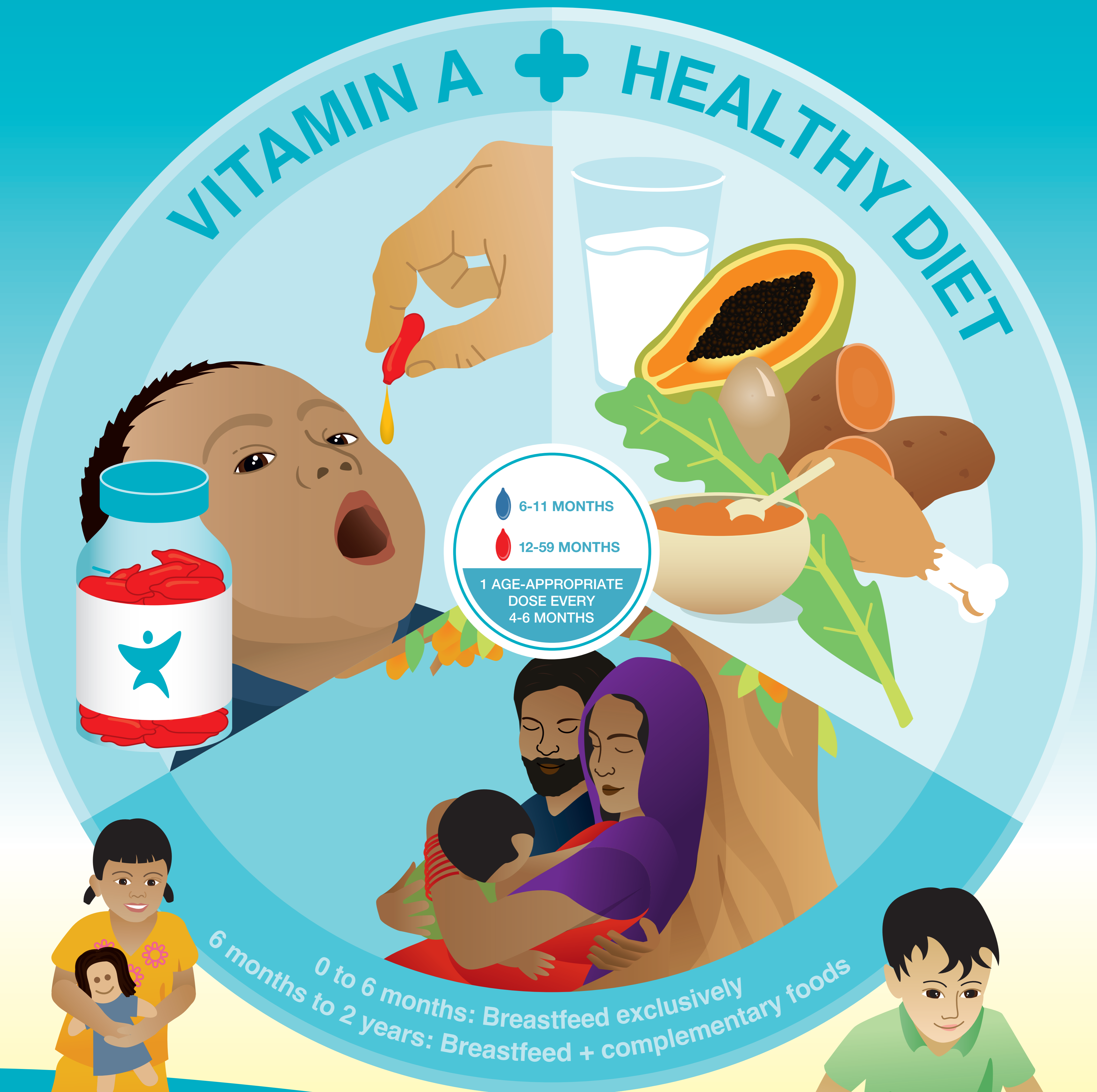
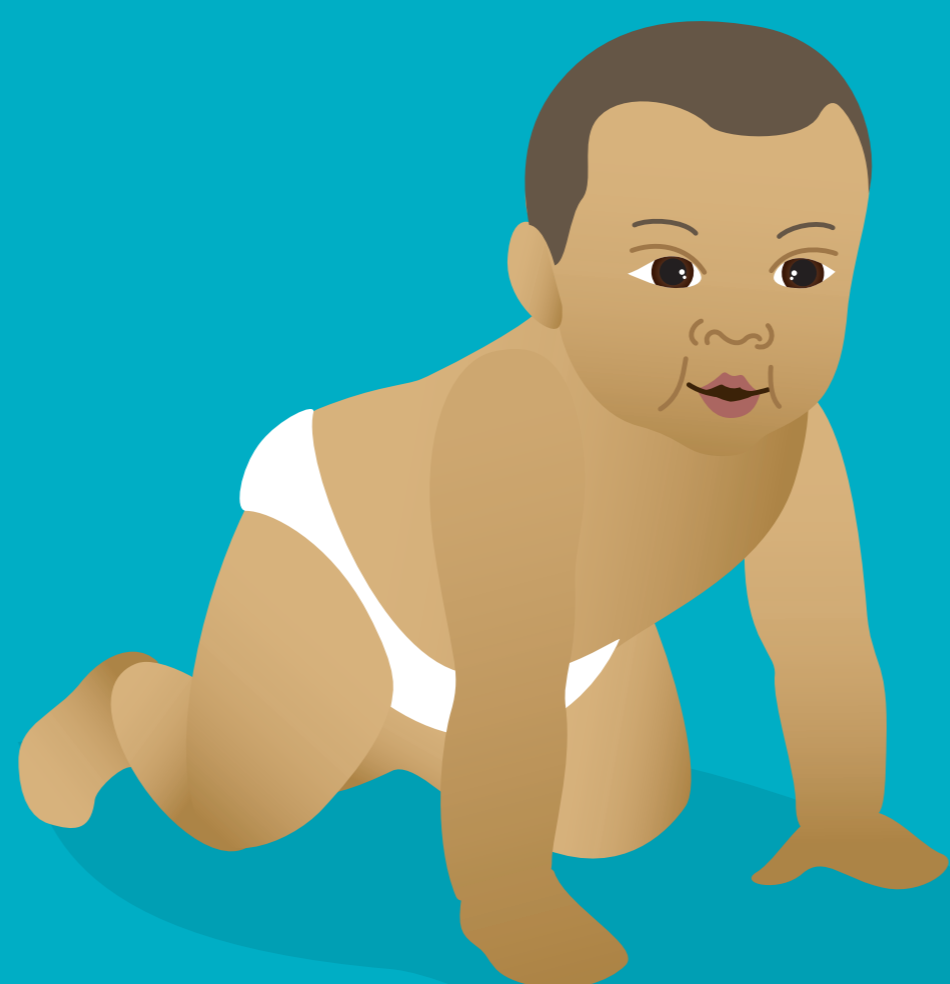


# Nurturing Healthy Children

## Vitamin A Saves Lives and Eyesight



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



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