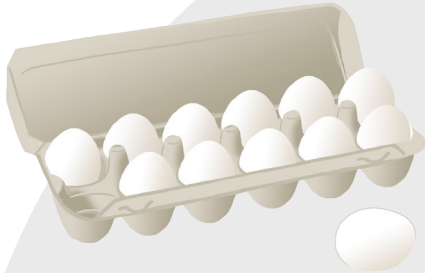


Olo foods

Each food plays a role in your baby's development



EGGS

1 egg per day

Protein helps build muscles, organs and skin.



1 L of milk
(4 cups or
4 x 250 ml) per day

MILK

Calcium and **vitamin D** help make bones and teeth strong.



1 bag of frozen vegetables per week

VEGETABLES

To eat more vegetables and enjoy cooking them.



1 dose of multivitamins per day

PRENATAL MULTIVITAMINS

Take in addition to meals, to meet all nutritional needs.

Iron helps create blood cells and transport oxygen.

Folic acid contributes to the development of the brain, nervous system and spine.