



One spoonful at a time: Nutrition during the first 1,000 days of life

Right from birth,
parents teach baby healthy
eating habits that he or
she can keep for a lifetime!

During pregnancy



Pregnancy
While in mom's belly,
baby eats and first
experiences flavours.

6 to 12 months
Baby discovers
new textures through
solid foods.



Baby sits at the table
with the family and starts
touching different foods.

Parents offer a variety
of foods that are age
appropriate.

Baby now eats the same balanced meals
as the rest of the family. No need to add salt
or sugar to make food taste good!

Baby knows how much to eat for his or
her development, according to hunger!
No need to pressure or bribe: parents trust
baby's appetite.

Baby is given new foods regularly to get
used to it.

12 to 24 months
The family gathers
around the table at
regular meal times,
distraction-free.

12 to 24 months



0 to 6 months
Baby knows best
when to drink milk
and when to stop.

Birth to 6 months



Mother's milk is the best food because it contains
everything baby needs. It also allows baby to keep
discovering flavours.

Baby is welcome in the kitchen even if he or she is
too little to eat. That lets baby develop curiosity,
a routine and stronger bonds with the family.

Mom adopts healthy
eating habits to give
baby and her all
the nutrients they need
to be healthy.

While waiting for baby
to be born, the whole
family establishes
an eating routine and
becomes more confident
in the kitchen.

