

Nutrition for Healthy Term Infants

Health Canada, The Canadian Pediatric Society and World Health Organization recommend:

- Exclusive breastfeeding (breast milk only) for the first six months. Breast milk is important for the nutrition, protection, growth and development of infants and toddlers.
- Continued breastfeeding for up to two years or longer with appropriate complementary feeding.
- A daily Vitamin D supplement of 10µg (400IU) for breastfed infants

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