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## MODULE COMPLEMENTARY FEEDING Topic 3

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Did you know that...?

Tuesday, March 3rd, 2020

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## Throughout the first year of life baby's nutritional needs are higher than those of adults?

Babies have small tummies, but big nutritional needs. Because of their extraordinary rate of growth and development, in combination with their small stomachs, older infants and young children require foods that are relatively rich in both energy and nutrients.

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