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MODULE COMPLEMENTARY FEEDING Topic 1

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MODULE COMPLEMENTARY FEEDING Topic 1

Did you know that...?

Tuesday, March 3rd, 2020

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Healthy eating habits are set early in life?

By two years of age, dietary patterns of children become set, and stay relatively constant throughout their early years. Children that like variety in their food choice may carry this preference throughout childhood, and beyond. .

The first 2 years of life are a critical time period where parents can intervene to establish healthy patterns that may well last a lifetime.

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