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During Babies' First Year of Life their Nutritional Needs are Higher than those of Adults

Their bodies are rapidly growing in the first years of life.

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Friday, May 26th, 2017

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Babies have small tummies, but big nutritional needs because their bodies are rapidly growing in the first years of life.

As their bellies are smaller than those of adults, they need food that is relatively rich in energy and nutrients (e.g. fortified infant cereals).

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