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## NESTLÉ PROTECTS AND PROMOTES BREASTFEEDING

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## NESTLÉ PROTECTS AND PROMOTES BREASTFEEDING

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### Breastmilk is best for your baby

The World Health Organisation recommends exclusive breast feeding for the first 6 months

and continued breast feeding thereafter for as long as possible. As babies grow at different rates, a health professional should advise you, on the appropriate time to introduce weaning foods to your baby. When introducing weaning foods, remember that they need to be suitable and safe to minimise risk to your baby's health.



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