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## Providing micronutrients on a daily basis - how to do right thing

Every day you give your baby three meals and a snack or two. That's four to five "plates" in which to provide your growing child all the micronutrients he needs to grow healthy to develop as he should. No pressure or anything!

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Giovedì 19 Novembre 2015

- <sup>[5]</sup>
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Not to worry, once you get the hang of it, it's not that hard to do. Here are a few tips!

Knowing that your baby's tummy can only hold so much food, make sure what you give her isn't 'empty' calories, but on the contrary, offers lots of micronutrients in a small serving. Beef meat and broccoli are really good sources of iron – you can grind the meat into a tomato-based pasta sauce. The red sauce contains vitamin C which helps your baby's body absorb the iron present in the meat!

**Breakfast is the perfect chance to give baby half of his daily iron\* in one small bowl of cereal.** Iron-fortified Nestlé Infant Cereals like CERELAC, with vitamin C to enhance iron absorption, are a delicious way for baby to start the day and a reassuring one for you.

\*labelling reference value

**Marie, 6 months pregnant :**

« Lorem ipsum dolor sit amet, latine maiorum scaevola ad vim, debitis adipisci nam an, at delenit volutpat pri. Pri ipsum probatus liberavisse ne, cum patrioque suscipiantur in mazim senten tiae nam ne, qui nisl quaeque recusabo ii »

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