

Feeding Infants and Young Toddlers Based on the Dietary Guidelines for Americans: Highlighting African, Black and Caribbean Heritage Foods

Sample Social Media Posts

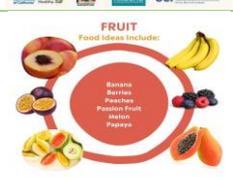
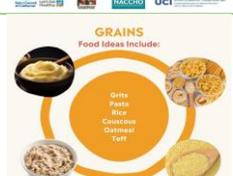
THEME	PLATFORM	COPY	IMAGE(S)
Introducing solid foods around 6 months until 2 years old	Facebook & Instagram	Introducing a variety of flavorful, fresh foods early on plays a big role in developing healthy eating patterns. Here's how you can support your picky eater.	Post 1
Food groups	Facebook & Instagram	Fuel your child's health, body and brain by introducing a variety of foods from all food groups! Embracing traditional dishes not only fosters healthy eating patterns but also strengthens your family's connection with your cultural heritage.	Post 2
Beverages	Facebook & Instagram	Breast milk is all the hydration and nutrition babies need in the first 6 months! Learn more about what your baby should drink at each stage of development.	Post 3
Nellie's Stew	Facebook	Engage your little chefs in an exciting adventure in the kitchen with Nellie's Kale Stew! It's more than just a recipe, it's a way to bond and create healthy habits together. Click here for a step-by-step tutorial that turns cooking into a fun learning experience.	YouTube Video

Graphics

Social Media Graphics Post #1

Social Media Graphic	Description of Graphic	Link to Social Media Graphic
 <p>Tips for Starting Foods in the First 2 Years</p> <p>Dairy Council of California Let's Eat Healthy</p> <p>NACCHO UCI</p>	<p>“Tips for Starting Foods in the First 2 Years”</p>	<p>http://tinyurl.com/5727yvs5</p>
 <p>Involve Toddlers</p> <p>Invite your toddler to help prepare meals and make mealtime fun!</p> <p>Dairy Council of California Let's Eat Healthy</p> <p>NACCHO UCI</p>	<p>“Involve Toddlers”</p>	<p>http://tinyurl.com/3s2pm3yp</p>
 <p>Keep Offering Foods</p> <p>It can take 10 times before your toddler tries a food again.</p> <p>Dairy Council of California Let's Eat Healthy</p> <p>NACCHO UCI</p>	<p>“Keep Offering Foods”</p>	<p>http://tinyurl.com/yt8khfzh</p>
 <p>Use Familiar Foods</p> <p>Serve a new food with a familiar food like bread or milk.</p> <p>Dairy Council of California Let's Eat Healthy</p> <p>NACCHO UCI</p>	<p>“Use Familiar Foods”</p>	<p>http://tinyurl.com/4tffxhd4</p>

Social Media Graphics Post #2

Social Media Graphic	Description of Graphic	Link to Social Media Graphic
	<p>“Serve Nutritious Soul Foods”</p>	<p>http://tinyurl.com/4rsvhma8</p>
	<p>“Vegetables List”</p>	<p>http://tinyurl.com/5n8pej7v</p>
	<p>“Proteins Ideas List”</p>	<p>http://tinyurl.com/tnx39x6w</p>
	<p>“Fruit Ideas List”</p>	<p>http://tinyurl.com/5fx5wj6k</p>
	<p>“Grains Ideas List”</p>	<p>http://tinyurl.com/3w8jv4ke</p>
	<p>“Dairy Ideas List”</p>	<p>http://tinyurl.com/bdezts85</p>
	<p>“Herbs & Spices Ideas List”</p>	<p>http://tinyurl.com/5n8pej7v</p>

Social Media Graphic Post #3

What Can Baby Drink?

Breast milk is all the hydration and nutrition babies need in the first 6 months. Breast milk continues to provide nutrition and protection for the first 2 years, with complementary foods. If human milk is not an option, or baby needs more than is available, feed an iron-fortified commercial milk formula for the first year.



Beverage	Recommended	Limit	DO NOT serve
	0 to 6 Months	6 to 12 Months	1 to 2 Years
Breast Milk	✓	✓	✓
Formula	✓	✓	Transition to whole milk in a cup
Water	✗	Water with meals (1/2 to 1 cup a day)	✓
Whole Dairy Milk (Not flavored)	✗	✗	✓
Plant-Based Beverage	✗	✗	Soy beverage if allergic to whole dairy milk
100% Fruit Juice	✗	✗	No more than 1/2 a cup! (whole fruit is best)
Sugary Drinks	✗	✗	✗

