

Section 5.1

| Food Group | Example 1 | Example 2 |
|-----------------------|------------------|------------------|
| Grains | | |
| Fruit | | |
| Vegetables | | |
| Milk | | |
| Meat and Beans | | |
| Oils | | |

Feeding Decisions

Breast -Feeding

Bottle-Feeding

| Breast -Feeding | Bottle-Feeding |
|------------------------|-----------------------|
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