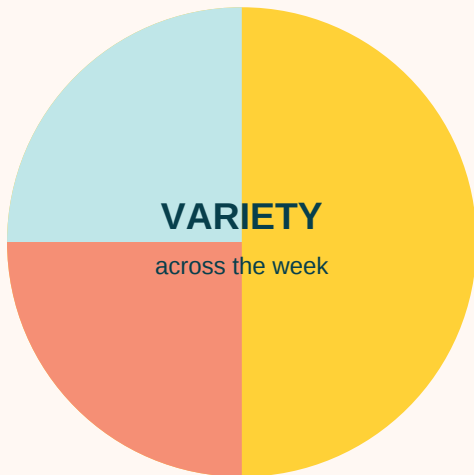


Build a better little bowl

A memorable way to bring energy, protein, colour and richness into familiar family foods.



1

Begin with energy

Use a familiar staple such as millet porridge, rice, potato, sweet potato, matoke or ugali prepared to the child's stage.

2

Add a protein food

Where available, add egg, beans, lentils, peas, milk, yoghurt, fish, chicken or meat in a safe, age-appropriate texture.

3

Bring colour

Add soft fruit or vegetables such as pumpkin, banana, avocado, pawpaw, sukuma wiki or carrot. Vary choices over time.

THE PLUMBEE REMEMBER-ME RULE

Base + boost + colour + care

Make food nutrient-dense, use a little healthy oil or fat where appropriate, change the texture with the child's skills, and respond to hunger and fullness cues.

Remember: variety is a pattern, not a perfect plate.

Use what is available. Rotate foods across days and include nutrient-dense choices often. Avoid sugary drinks and highly processed snack foods.