

### Feeding Infants and Young Toddlers Based on the Dietary Guidelines for Americans: Highlighting Hispanic Heritage Foods

Sample Social Media Posts

THEME	PLATFORM	СОРУ	IMAGE(S)
Building healthy eating patterns	Facebook & Instagram	Spice up meals by adding a delicious and healthy quesadilla! Combine and	Post 1
from 6 months until 2 years old.		complement your favorite foods to create flavor-packed meals or snacks.	
Foods to support optimal health	Facebook & Instagram	Curious about the best foods to support your baby's health? Here are some great options to add to your next meal or snack.	Post 2
Introducing Milk	Facebook & Instagram	Are you confused by so much conflicting advice about how or when to start giving your child milk? Let's clarify this with the guidance of an expert!	Post 3

# **Graphics**

# Social Media Graphics Post #1

Social Media Graphic	Description of Graphic	Link to Social Media Graphic
Building up to a Quesadilla  6 Months-2 Years	"Building up to a Quesadilla"	http://tinyurl.com/crt57fjk
Avocado sices dipped in tron-fortified cereal, pureed meat or beans, and yogut mosed with fruit to add more food groups.	"6 Plus Months"	http://tinyurl.com/dncf4jz5
8 to 12 Months  Mathed avocato streeded chreek, makind particilibraria, ground maat, disad tensional state and rick.  MACCHO	"8 to 12 Months"	http://tinyurl.com/rzxfh2nn
Soft totals with melted cheese, a thin layer of bases and sirredisci mer, cut into strips. Appear of the angel of the ange	"1 to 2 Years"	http://tinyurl.com/5n8x47x8

# **Social Media Graphics Post #2**

Social Media Graphic	Description of Graphic	Link to Social Media Graphic
Food to Grow Baby's Body and Brain  Supplies and Supplies	"Food to Grow: Baby's Brain and Body"	http://tinyurl.com/2s4mxjej
TRY THESE  TRY THESE  TO THE	"Try These"	http://tinyurl.com/56b3s8kf

### **Social Media Graphic Post #3**

Social Media Graphic	Description of Graphic	Link to Social Media Graphic
When do I introduce milk to my toddler?  Move to whole dairy milk in a cup around 12 months of age to help meet calclum, vitamin D and protein needs.	"When do I introduce milk"	http://tinyurl.com/3hrtmk9b
Why whole dairy milk?  • Nalk includes importer first the are needed to be any growth.  • Nalk has a unique package of nutrients that can be difficult to replace.  • Plant based nondairy d'minist made with muts, rice or accornat do not have the same nutrients found in dairy milk.	"Why whole dairy milk"	http://tinyurl.com/nvuxrr74
What if my child has trouble switching to dairy milk?  Try these tips:  • Warming the milk if your child is used to warm breast milk or formula.  • Offering lactose-free milk if your child ar family is concerned about lactose into lerrance.	"What if my child has trouble switching"	http://tinyurl.com/m8t2pc5v