

**Feeding Infants and Young Toddlers Based on the Dietary Guidelines for
Americans: Highlighting Hispanic Heritage Foods**
Sample Social Media Posts

THEME	PLATFORM	COPY	IMAGE(S)
Building healthy eating patterns from 6 months until 2 years old.	Facebook & Instagram	Spice up meals by adding a delicious and healthy quesadilla! Combine and complement your favorite foods to create flavor-packed meals or snacks.	Post 1
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
 <p>Building up to a Quesadilla</p> <p>6 Months-2 Years</p> <p>NACCHO</p>	<p>“Building up to a Quesadilla”</p>	<p>http://tinyurl.com/crt57fjk</p>
 <p>6+ Months</p> <p>Avocado slices dipped in iron-fortified cereal, pureed meat or beans, and yogurt mixed with fruit to add more food groups.</p> <p>NACCHO</p>	<p>“6 Plus Months”</p>	<p>http://tinyurl.com/dncf4jz5</p>
 <p>8 to 12 Months</p> <p>Mashed avocado, shredded cheese, mashed pinto beans, ground meat, diced tomatoes and rice.</p> <p>NACCHO</p>	<p>“8 to 12 Months”</p>	<p>http://tinyurl.com/rzxfh2nn</p>
 <p>1 to 2 Years</p> <p>Soft tortilla with melted cheese, a thin layer of beans and shredded meat, cut into strips. Avocado mixed with salsa as a dip. Add a fruit or strips of bell pepper for more variety.</p> <p>NACCHO</p>	<p>“1 to 2 Years”</p>	<p>http://tinyurl.com/5n8x47x8</p>

