Figure 1: [22]
Percentage of nutrients from 550cc of breast milk, and needs remaining to be supplied by complementary foods in the second year of life

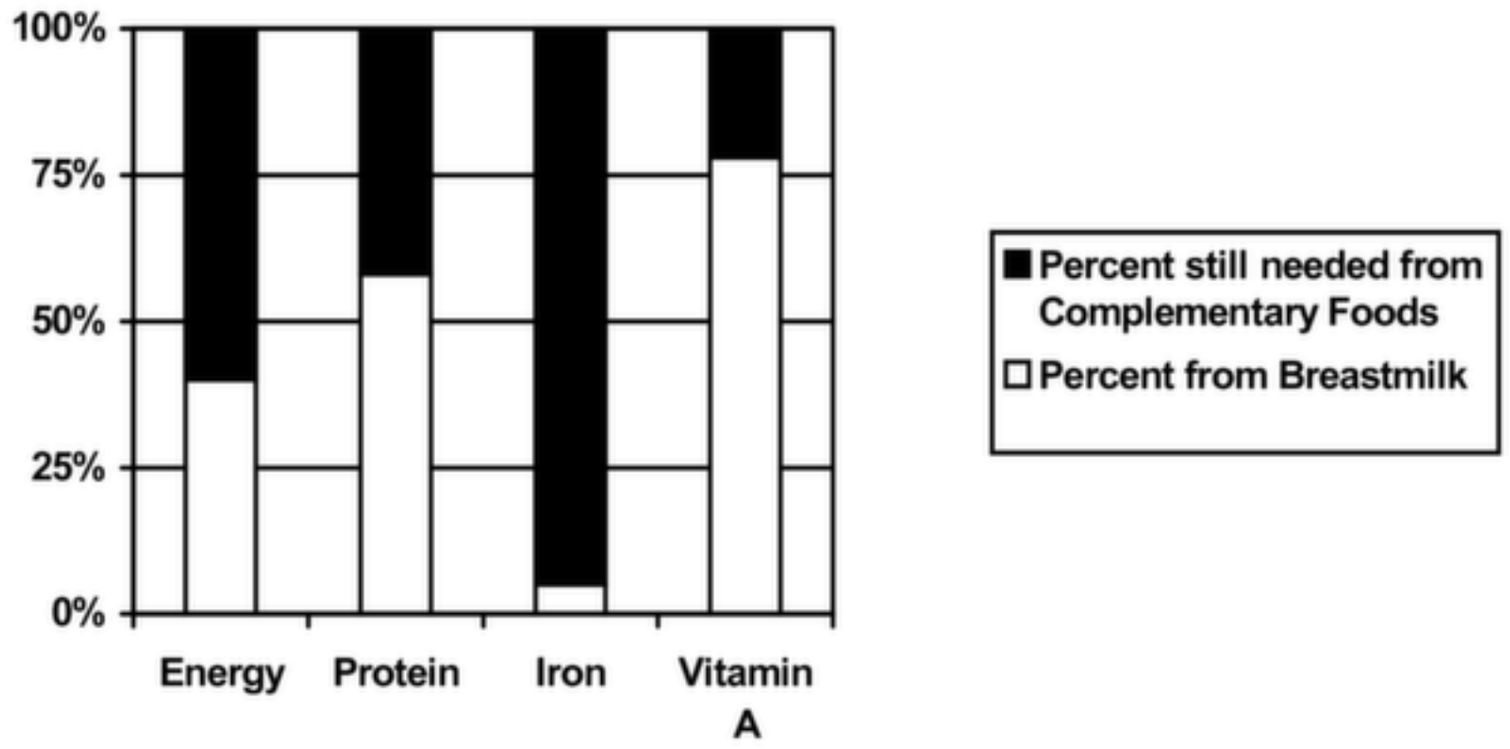

Figure 2:[23]
Minimum dietary energy density required to attain the level of energy needed from complementary foods in one to five meals per day, according to age group and level (low, average, or high) of breast milk energy intake (BME).

Energy	6–8 mo			9–11 mo			12–23 mo		
	Low BME	Average BME	High BME	Low BME	Average BME	High BME	Low BME	Average BME	High BME
Total energy required + 2SD (kcal/day)[b]	769	769	769	858	858	858	1,118	1,118	1,118
BME (kcal/day)	217	413	609	157	379	601	90	346	602
Energy required from complementary foods (kcal/day)	552	356	160	701	479	257	1,028	772	516
Minimum energy density (kcal/g)									
1 meal/day	2.22	1.43	0.64	2.46	1.68	0.90	2.98	2.24	1.50
2 meals/day	1.11	0.71	0.32	1.23	0.84	0.45	1.49	1.12	0.75
3 meals/day	0.74	0.48	0.21	0.82	0.56	0.30	0.99	0.75	0.50
4 meals/day	0.56	0.36	0.16	0.61	0.42	0.23	0.74	0.56	0.37
5 meals/day	0.44	0.29	0.13	0.49	0.34	0.18	0.60	0.45	0.30

a. Assumed functional gastric capacity (30 g/kg reference body weight) is 249 g/meal at 6–8 months, 285 g/meal at 9–11 months, and 345 g/meal at 12–23 months.
b. Total energy requirement is based on new US longitudinal data averages plus 25% (2SD).

This figure conveys the necessity of maintaining high volumes of milk for energy while adding a sufficient number of meals, dependent on their nutrient density.

[22] From the WHO/UNICEF Infant and Young Child Feeding Counselling: An Integrated Course.
[23] From Dewey K and K Brown, Update on technical issues concerning complementary feeding of young children in developing countries and implications for intervention programs. *Food and Nutrition Bulletin*. 2003; 24(1): 8, in Daelmans B, Martines J and R Saadeh (eds), Special Issue Based on a World Health Organization Expert Consultation on Complementary Feeding.