

WHY DO BABIES NEED FATS



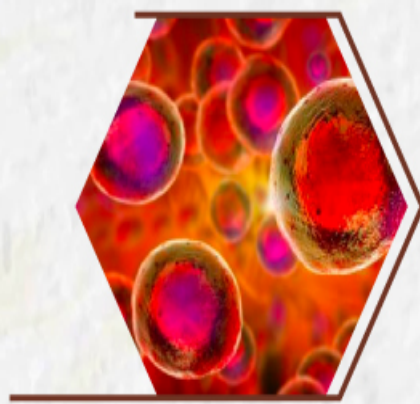
Fat provides the necessary nutrients to facilitate appropriate growth and physical activity.

It is essential for developing the brain, nerves, and eyes.



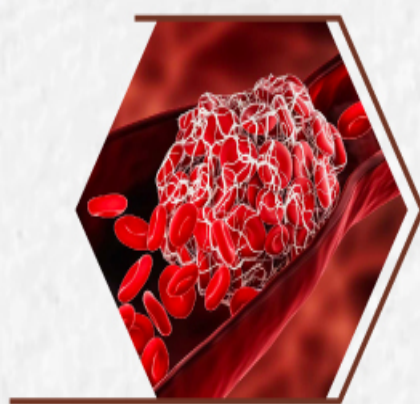
It promotes healthy skin.

It plays a significant role in the function of various cell types.



The body needs fat to better absorb the fat-soluble vitamins, such as vitamins A, D, E, and K.

Fats are essential for vital body functions such as blood clotting, wound healing, and inflammation.



REFERENCES:

About fat in your child's diet; Health Direct, Australia.