

## **WEANING (DIET CHART)**

- 1) EXCLUSIVE BREAST/FORMULA FEED TILL 6 MONTHS
- 2) 6-6 1/2 MONTH - RICE WATER , DAL WATER
- 3) 6 1/2-7 MONTH - RAAGI EXTRACT , RAWA KHEER , WHEAT KHEER, RICE PASTE
- 4) 7 MONTH - MASHED POTATO, MASHED APPLE, RICE WITH DAL, VEGETABLE SOUP
- 5) MOONG KHICHADI PUFFED RICE
- 6) 8 MONTH - SOFT RICE, DAL (SALT CAN BE ADDED) , ALL FRUITS EGG (ONLY EGG ALBUMIN)  
IDLI , BISCUITS
- 7) 9 MONTH - CHAPATI EGG (WITH YOLK) , CHICKEN SOUP, ALL VEGETABLES
- 8) 9-12 MONTH - CHILD CAN EAT ALL FOOD WITH LOWER DENSITY OR THICKNESS OF FOOD
- 9) 12 MONTH – REGULAR DIET, EVERYTHING COOKED AT HOME.

## **INSTRUCTIONS**

1) If baby is thriving well on this diet pattern, no need to give external weaning food like cerelac. External weaning food is given only when -

a) Child is a fussy eater

b) Not gaining adequate weight

2) Home made mixtures - Whenever possible give freshly prepared food. Otherwise precooked ready to mix cereal pulse combinations can be prepared and stored. For example - combi of roasted and powdered rice, wheat, blackgram, and powdered sugar in 1:1:1:2 proportion

3) Milk is always species specific. There is no need to give animal milk (cow or buffalo) till infancy.

4) Dentition has no relation with food intake. Teeth eruption may occur late in some children. But same food pattern should be followed.

5) Sugar and ghee or oil can be added to food from the beginning of weaning. It in fact adds to the caloric value of food. Salt and spices should be added in late infancy.

