



DIET CHART FOR 6 Months to One Year

To start complementary feeds after 6 months

Start porridge one by one

Slowly increase in quantity and consistency

Start with semi solid consistency



RAGI



WHEAT



BANANA POWDER



NJAVARA RICE



MILLETS

CAN BE STARTED

- Slowly change to mixed type
- Ragi with wheat
- Ragi with Nuts



- (Ragi wheat Rice cashew Nuts walnut Badam chana dhal)
Home based Cerelac can be prepared for instant use
- Can use jaggery or dates powder for sweetness and helps in giving iron
- Start feeds once daily slowly increase to twice daily and thrice daily
- By one year of age - normal family pot diet to be reached
- Aim - 3 main meals with 2 healthy mid meal snacks

7-8 MONTHS

- Start giving Rice - boiled and smashed along with vegetables and pulses
- Locally available vegetables can be given
- Curd can be given . Avoid chilled items

Rice - boiled vegetables/ pulses / ghee or coconut oil makes it a balance diet

- Locally available seasonal fruits can be started slowly one by one
- Watch for any allergies to any foods
- Banana can be given boiled initially
- Well riped fruits can be smashed and given .
- Apple can be given boiled initial later can be given directly .
- All citrus food should be given with caution as it may causes gastritis in some kids .



Nuts can be given to kids under caution. Peanuts may causes allergies. All nuts (peanuts / cashews/ walnuts/ Badam) can be dry roasted and fine powder can be added to the normal food .



Local home made foods- **Idly/ Dosa/ steamed Cake (Puttu)/ Appam/ idiyappam- string hoppers/ Palappam / Pathiri- Rice pan cakes / Normal pancakes** can be given to kids after 7-8 month.



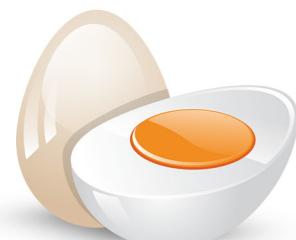
- Water can be given in small small sips as baby tolerate
- No specific rule for giving water
- Small small sips can be given
- Cup feeds can be started



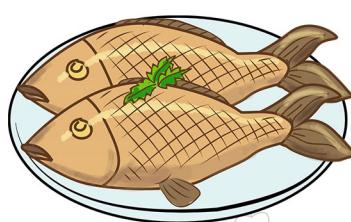
Animal milk is preferred after 18 months to 2 years. No added salt and sugar .

9 months of age start giving egg

- Yolk can be given first followed by white. White contains certain proteins which causes allergy .
- Start with small quantities and slowly baby can take one egg per day or weekly 3 days as per affordability.
- All types of egg can be given, It should be cooked well



- Slowly fish and chicken can be given Rice
- Red meat to be avoided
- Well cooked is preferred over fried items



- By one year of age babies should be able to take all home made foods
- Small quantities in frequent intervals is preferred
- Coconut milk / pinch of ghee and coconut oil can be added to each meal as it increases the calorie.



By one year of age baby can be given -these options for lunch .



Rice - Smabar- Pulissery- Payaru-Parippu Curry - Mathanga (Pumpkin Erissery) - Vegetable - (cherupayar (green gram) / cabbage / cauliflower/ spinach (cheera)/ potato / Beetroot/ Banana stem and flower - Thoran) - curd and one seasonal fruit can be served .



Egg Chicken / Meat and Fish can be added according to the availability and affordability.

