



“Practice exclusive breastfeeding from birth to 6 months of age, and introduce complementary foods after 6 months of age (180 days) while continuing to breastfeed” – World Health Organization.

Introducing complementary feed is the next critical step in programming your baby’s future. Introduce a variety of food to your baby to support growth and development.

◎ Signs that your baby may be ready for Complementary foods

- Shows an interest in the food others are eating
- Loses the “extrusion reflex”, which used to make him spit out food other than liquids. This allows your baby to swallow solids without choking
- Can sit up with support, hold his neck steady, and move his head from side to side
- Milk alone doesn’t seem to satisfy his hunger; he gets restless after milk feeds
- May start to wake in the night for a feed after a period of sleeping through the night
- Starts to be able to grasp things

◎ What to feed?

This complementary feeding guide gives you an overview on quantity, quality and types of complementary foods that you need to introduce in your baby’s diet after six months.



9-11 month

TEXTURE
Finely chopped
mashed foods



FREQUENCY
3-4 meals
per day with
breast feed.
Offer 1-2
snacks
depending on
appetite

Half of 250ml cup



Rice



Daliya Khichdi



Porridge*



Finely chopped
fruits



Chopped cooked
vegetables



Egg



Yogurt



Paneer



- Offer texture. It is good time to introduce finger foods.
- Self feeding. By 10 to 12 months, an infant can hold a spoon & drink from sippy cups.



- Avoid whole chunky foods which can get stuck in the infant's airway e.g. Nuts, whole grapes, pieces of hard raw fruits or vegetables, etc.

* To make malted food mix: Roast sprouted wheat (100 gms) & Green gram (50 gms) on slow fire separately. Grind into fine powder and store in air tight container. Use 1-2 tsp to make porridge.



12-23 month

3/4 to one 250ml



Family food, chopped
or mashed if needed



3-4 meal with
breastfeeding.
Offer 1-2 snacks
depending on
appetite

Rice/ Chapati with
Vegetables & Pulses
(start feeding from your plate)



Poha/ Suji Upma



Halwa/ Vegetable Chila/
Idli/ Dosa



Seasonal fruits
well chopped



Preparation made from
protein rich foods like
Fish/ Chicken/ Egg, etc.



Don't force- feed your
kid. Reintroduce food
after some time.

Encourage
the
toddler to eat
variety of food

Offer
family meals



Avoid
sugary &
fried foods



☉ When to feed?

1. Continue with your usual milk feeds but choose a time of day. Eg lunch time, to offer some solids
2. Introduce only one new food item every 2 to 3 days:
 - This gives your baby time to appreciate the new taste, flavor and texture of the new food
 - Help you to identify the food that causes the allergic reaction when it happens



How to Feed?

1. Be mindful of texture, consistency and quantity of food given to your baby:
 - Start small, with 1 to 2 teaspoons of purees, mixed with breast milk
 - Gradually increase the serving sizes and textures as you baby grows older and is able to tolerate
2. Gradually build up to 2 and then 3 mini-meals a day
3. Supervise you baby while he is eating and be aware of foods that may cause choking such as grapes, carrot, cucumber, cubes meat etc.
4. Don not force-feeds your baby as this might create negative feelings about food and eating. Look for signals from your baby that indicates he has had enough or want for more.
5. Encourage self- feeding and finger foods as shown as you baby shows interest and has ability to do so.



IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i)** Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii)** Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii)** Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv)** Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i)** Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii)** In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii)** Adequate care for the breast and nipples should be taken during pregnancy;
- iv)** It is also necessary to put the infant to the breast as soon as possible after delivery;
- v)** Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi)** Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii)** The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii)** Let the infants suckle on demand;
- ix)** Every effort should be made to breast-feed the infants whenever they cry;
- x)** Mother should keep her body and clothes and that of the infant always neat and clean,