

DIETARY REQUIREMENTS OF A NEWBORN

Breast feeding is the most appropriate and natural methods of upbringing a child. Exclusive breast feeding is sufficient for the first 6 months, but after that complementary food should be introduced to meet the increasing requirements of a growing child.

Healthy babies, start showing signs of the desire to start eating solids. They can hold their head up and swallow. They will reach out to food that piques their interest. They start chewing on anything. Babies crawl towards the food they like around 8 to 10 months.

Observing such indicators really helps a mother while introducing solid food to the baby and helps in weaning.

However, it is important to remember here that breast feeding post 6 months is a healthy indicator of the relationship between the mother and the child. It is not necessary to stop breast feeding as the baby starts eating. Weaning should be very organic to the mother and the child.

DIET AT 6 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed
WED	Breast milk or formula feed	Semi- liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot	Brest milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

SUN	Breast milk or formula feed	Semi liquid cereal	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
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TIPS:

1. If 6th month is the first time the child is being introduced to solids, it is best to take it slow.
2. Do not experiment too much. Do not force your child to eat.
3. Introduce single ingredient dishes at a time.
4. Try gauging the reaction of the child for the food.
5. The child will still want breast milk more often. Continue to feed as per the child's interest.
6. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
7. Avoid cow milk.
8. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
9. Some kids may not be able to swallow in upright position. They can be made to lie down and fed with a spoon, at least in the 6th month.
10. Boil the apples and carrots. Mash them and then feed accordingly.
11. Check the stool frequently. Check the stomach for bloating or hardness.
12. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.

NUTRITIVE REQUIREMENTS AT 6 MONTHS OF AGE:

1. Vit D supplementation is essential at this age. Ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.

DIET AT 7 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed

WED	Breast milk or formula feed	Semi- liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot	Brest milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SUN	Breast milk or formula feed	Semi liquid cereal	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

TIPS:

1. Do not experiment too much. Do not force your child to eat.
2. Introduce single ingredient dishes at a time.
3. **AVOID SALT AND SUGAR.**
4. The child will still want breast milk more often. Continue to feed as per the child's interest.
5. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
6. Avoid cow milk.
7. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
8. Boil the apples and carrots. Mash them and then feed accordingly.
9. Check the stool frequently. Check the stomach for bloating or hardness. **CHECK FOR ALLERGIES TO FOOD.**
10. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
11. Just because one food is liked a lot, ensure that large quantity is not fed. At this age the baby has a small stomach and digesting solids will take time.
12. Avoid complex carbohydrates or too many pulses.
13. Add a spoon of ghee to the cereal. It is a healthy fat and good for strong bones and a healthy gut.

NUTRITIVE REQUIREMENTS AT 7 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.

DIET AT 8 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed
WED	Breast milk or formula feed	Semi-liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot/bottle gourd	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot/bottle gourd	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Mashed fruit or veggie	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SUN	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

TIPS:

1. By now the baby will start forming habits. Continue with the same to avoid confusion and to keep it simple for the baby's digestive system.
2. Do not experiment too much. Do not force your child to eat.
3. Introduce single ingredient dishes at a time.
4. AVOID SALT AND SUGAR.
5. The child will still want breast milk more often. Continue to feed as per the child's interest.
6. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
7. Avoid cow milk.
8. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
9. Boil the apples, carrots or peas, mash them and then feed accordingly.

10. Check the stool frequently. Check the stomach for bloating or hardness. CHECK FOR ALLERGIES TO FOOD.
11. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
12. Just because one food is liked a lot, ensure that large quantity is not fed. At this age the baby has a small stomach and digesting solids will take time.
13. Avoid complex carbohydrates or too many pulses.
14. Add a spoon of ghee to the cereal. It is a healthy fat and good for strong bones and a healthy gut.

NUTRITIVE REQUIREMENTS AT 8 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.
3. Iron supplementation might be advised by the physician at this age – to ensure better digestion. It is not compulsory, as long as the mother is eating well and is lactating.

DIET AT 9 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed
WED	Breast milk or formula feed	Semi-liquid cereal (rice, pulses, dry fruit)	Yoghurt – ½ cup	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Yoghurt - ½ cup	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

SUN	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
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TIPS:

1. By now the baby will start forming habits. Continue with the same to avoid confusion and to keep it simple for the baby's digestive system.
2. Do not experiment too much. Do not force your child to eat.
3. Continue giving single ingredient dishes at a time.
4. **AVOID SALT AND SUGAR.**
5. The child will still want breast milk more often. Continue to feed as per the child's interest.
6. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
7. Avoid cow milk.
8. **By now you can maybe introduce curd or yoghurt to the child. It is a good source of gut bacteria.**
9. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
10. Boil the apples, carrots or peas, mash them and then feed accordingly.
11. Check the stool frequently. Check the stomach for bloating or hardness. **CHECK FOR ALLERGIES TO FOOD.**
12. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
13. Just because one food is liked a lot, ensure that large quantity is not fed. At this age the baby has a small stomach and digesting solids will take time.
14. Avoid complex carbohydrates or too many pulses.
15. Add a spoon of ghee to the cereal. It is a healthy fat and good for strong bones and a healthy gut.

NUTRITIVE REQUIREMENTS AT 9 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.
3. Iron supplementation might be advised by the physician at this age – to ensure better digestion. It is not compulsory, as long as the mother is eating well and is lactating.

DIET AT 10 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed
WED	Breast milk or formula feed	Semi-liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot/bottle gourd	Mashed rice with veggies.	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot/bottle gourd	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Mashed fruit or veggie	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Mashed rice with veggies.	Mashed fruit or veggie	Breast milk or formula feed
SUN	Breast milk or formula feed	Semi liquid cereal	Yoghurt	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

TIPS:

1. Do not experiment too much. Do not force your child to eat.
2. Continue giving single ingredient dishes at a time.
3. Continue to feed as per the child's interest.
4. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
5. Avoid cow milk if the mother is lactating.
6. **Introduce rice – mashed with a boiled vegetable, as a second full meal once or twice a week and observe.**
7. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
8. Boil the apples, carrots or peas, mash them and then feed accordingly.

9. Check the stool frequently. Check the stomach for bloating or hardness. CHECK FOR ALLERGIES TO FOOD.
10. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
11. Just because one food is liked a lot, ensure that large quantity is not fed. At this age the baby has a small stomach and digesting solids will take time.
12. Avoid complex carbohydrates or too many pulses.
13. Add a spoon of ghee to the cereal. It is a healthy fat and good for strong bones and a healthy gut.

NUTRITIVE REQUIREMENTS AT 10 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.
3. Iron supplementation might be advised by the physician at this age – to ensure better digestion. It is not compulsory, as long as the mother is eating well and is lactating.

DIET AT 11 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Breast milk or formula food	Mashed fruit depending on the child	Breast milk or formula feed
TUES	Breast milk or formula feed	Semi-liquid cereal – warm – made with rice, pulses, dry fruits	Mashed fruit – banana, apple	Breast milk or formula feed	Mashed fruit or vegetable depending on the child	Breast milk or formula feed
WED	Breast milk or formula feed	Semi- liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot/bottle gourd	Mashed rice with boiled carrot.	Mashed fruit or veggie	Breast milk or formula feed
THURS	Breast milk or formula feed	Semi liquid cereal	Mashed vegetable – carrot/bottle gourd	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
FRI	Breast milk or formula feed	Semi liquid cereal	Mashed fruit or veggie	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed
SAT	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Breast milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed

SUN	Breast milk or formula feed	Semi liquid cereal	Juice – orange	Mashed rice with boiled carrot.	Mashed fruit or veggie	Breast milk or formula feed
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TIPS:

1. Do not experiment too much. Do not force your child to eat.
2. Continue giving single ingredient dishes at a time.
3. Continue to feed as per the child’s interest.
4. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
5. Avoid cow milk if the mother is lactating.
6. **Continue mashed rice as a second full meal once or twice a week and observe.**
7. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
8. Boil the apples, carrots or peas, mash them and then feed accordingly.
9. Check the stool frequently. Check the stomach for bloating or hardness. CHECK FOR ALLERGIES TO FOOD.
10. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
11. Just because one food is liked a lot, ensure that large quantity is not fed. At this age the baby has a small stomach and digesting solids will take time.
12. Avoid complex carbohydrates or too many pulses.
13. Add a spoon of ghee to the cereal. It is a healthy fat and good for strong bones and a healthy gut.

NUTRITIVE REQUIREMENTS AT 11 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child’s requirement.
3. Iron supplementation might be advised by the physician at this age – to ensure better digestion. It is not compulsory, as long as the mother is eating well and is lactating.

DIET AT 12 MONTHS

	EARLY MORNING	BREAKFAST	MID MORNING	LUNCH	EVENING SNACK	DINNER
MON	Breast milk or formula feed or cow milk	Semi-liquid cereal – warm – made with rice, pulses, dry fruits.	Mashed fruit – banana, apple (peeled and semi-boiled)	Mashed rice with boiled veggies and yoghurt	Mashed fruit depending on the child	Breast milk or formula feed or cow milk
TUES	Breast milk or formula feed or cow milk	Semi-liquid cereal – warm – made with	Mashed fruit – banana, apple	Rice with a mashed veggie	Mashed fruit or vegetable	Breast milk or formula feed or cow milk

		rice, pulses, dry fruits			depending on the child	
WED	Breast milk or formula feed or cow milk	Semi- liquid cereal (rice, pulses, dry fruit)	Mashed, boiled vegetable – carrot/bottle gourd	Mashed rice with boiled veggie and yoghurt	Mashed fruit or veggie	Breast milk or formula feed or cow milk
THURS	Breast milk or formula feed or cow milk	Semi liquid cereal	Mashed vegetable – carrot/bottle gourd	Brest milk or formula feed	Mashed fruit or veggie	Breast milk or formula feed or cow milk
FRI	Breast milk or formula feed or cow milk	Semi liquid cereal	Mashed fruit or veggie	Vegetable soup	Mashed fruit or veggie	Breast milk or formula feed or cow milk
SAT	Breast milk or formula feed or cow milk	Semi liquid cereal	Juice – orange	Vegetable soup	Mashed fruit or veggie	Breast milk or formula feed or cow milk
SUN	Breast milk or formula feed or cow milk	Semi liquid Cereal	Juice – orange	Mashed rice with boiled veggies	Mashed fruit or veggie	Breast milk or formula feed or cow milk

TIPS:

1. Continue giving single ingredient dishes at a time.
2. Continue to feed as per the child's interest.
3. Small portions of the above-mentioned food items should be enough – ½ a cup of cereal, 5 to 6 spoons of mashed fruit or vegetable.
4. Avoid cow milk if the mother is lactating. If the mother has stopped lactating, cow milk can be introduced, or formula feed can be continued.
5. **The frequency of a second full meal can be increased. Vegetables like peas, potatoes, sweet potatoes can be introduced.**
6. Make sure to mix the cereal with a few drops of breast milk so that it is easy to swallow.
7. Boil the apples, carrots or peas, mash them and then feed accordingly.
8. Children usually have a keen sense of what is good for them. Allow their instincts to prevail.
9. A third full meal is avoidable, because the digestion is slower at night.

NUTRITIVE REQUIREMENTS AT 12 MONTHS OF AGE:

1. Vit D supplementation - ensure exposure to early morning sunlight for 20 minutes. Vit D is essential for the absorption of calcium and phosphorus to build stronger bones.
2. By this age, the child will start teething as well. So do not reduce the amount of breast milk. Feed as per the child's requirement.
3. Iron supplementation might be advised by the physician at this age – to ensure better digestion. It is not compulsory, as long as the mother is eating well and is lactating.