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Your Health



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Your Health Matters

Weaning Guide - E book

Handy Guide for Weaning
(for 6th month to 1 year baby)



Weaning Food chart - From 6th month

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After 6 months, breastmilk is still your baby's main source of energy and nutrients², but solid foods should now be added.

Your baby has a small stomach and needs to be eating small amounts of soft nutritious food frequently throughout the day.

In addition to grains and tubers, feed your baby a variety of foods – especially animal foods (dairy, eggs, meat, fish and poultry), fruits and vegetables – every day.

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Before 6 months, breastmilk alone meets all your baby's energy and nutrition needs.

Start to introduce soft foods at 6 months when your baby needs more energy and nutrients than your milk alone can provide.

At 6 months, start giving your baby just two to three spoonfuls of soft food, such as porridge, mashed fruits or vegetables, twice a day.

Start feeding both breastfed and non-breastfed babies solid foods at 6 months. Waiting too long can put your baby at risk.

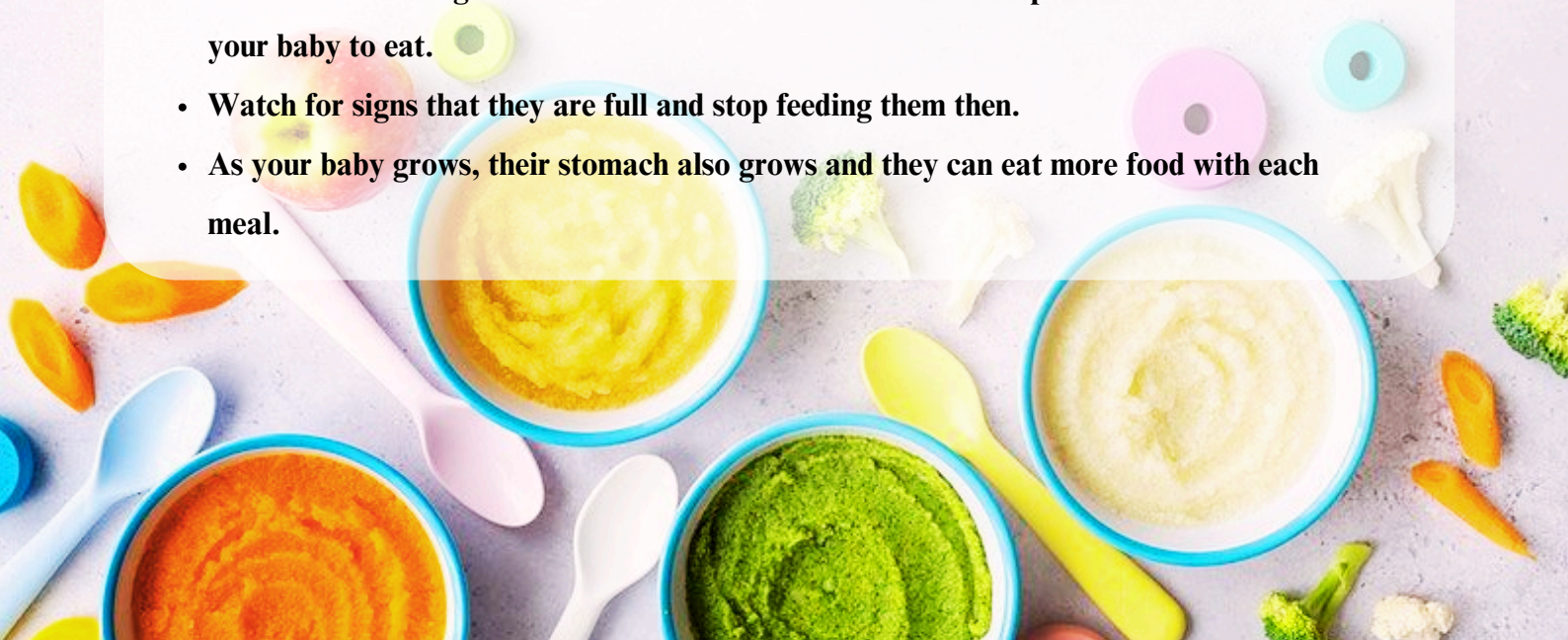


Weaning Guide - From 6th month

- At 6 months of age, breastmilk continues to be a vital source of nutrition; but it's not enough by itself. You need to now introduce your baby to solid food, in addition to breastmilk, to keep up with their growing needs.
- Be sure you give your baby their first foods after they have breastfed, or between nursing sessions, so that your baby continues to breastfeed as much as possible.
- When you start to feed your baby solid food, take extra care that they don't become sick.
- As they crawl about and explore, germs can spread from their hands to their mouth.
- Protect your baby from getting sick by washing your and their hands with soap before preparing food and before every feeding.
- Your baby's first foods
- When your baby is 6 months old, they are just learning to chew.
- The first foods need to be soft so they're very easy to swallow, such as porridge or well mashed fruits and vegetables.
- Did you know that when porridge is too watery, it doesn't have as many nutrients? To make it more nutritious, cook it until it's thick enough not to run off the spoon.
- Feed your baby when you see them signal that they're hungry – such as putting their hands to their mouth.
- After washing hands, start by giving your baby just two to three spoonfull of soft food, twice a day. At this age, the stomach is small so they can only eat small amounts at each meal.
- The taste of a new food may surprise your baby.
- Give them time to get used to these new foods and flavour. Be patient and don't force your baby to eat.
- Watch for signs that they are full and stop feeding them then.
- As your baby grows, their stomach also grows and they can eat more food with each meal.

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Weaning Food chart - From 6th month

Tips to feed Baby:

- Introduce a balanced diet of vegetables and fruits gradually as they start eating solids and learning about flavors.
 - Avoid distracted feeding to ensure eating enjoyment.
 - Keep an eye on the baby while eating to prevent choking on lumpy food or finger food.
 - Wait for three days before introducing a new food to observe any allergy symptoms.
 - Clean and disinfect all utensils used to prepare baby food, and designate a dining place to encourage healthy eating habits.
 - Don't force your baby to eat as appetite and taste differ significantly.
- Supplement solid meal intake with breast milk.

- Offer a variety of meals to try, including finger foods for them to feel and taste.
- Ensure all fruits and veggies are well cleaned, and avoid high sugary, and mixing milk & fruits to prevent digestion issues.
- Avoid honey, cow's milk (as a main drink), whole nuts, salt, sugar, and any hard, round foods that could be a choking hazard.
- you can start offering small sips of cooled, boiled water in a sippy cup with meals.
- However, breast milk should still be their main source of hydration.
- When your baby is six months old, you can begin to gradually introduce solids to a wider selection of foods to them.



Weaning Food chart - From 6th month

Feeding your baby: 6–8 months old

- From 6–8 months old, feed your baby half a cup of soft food two to three times a day. Your baby can eat anything except honey, which they shouldn't eat until they reach 12 months old. You can start to add a healthy snack, like mashed fruit, between meals. As your baby gets increasing amounts of solid foods, they should continue to get the same amount of breastmilk.

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Feeding your baby: 9–11 months old

- From 9–11 months old, your baby can take half a cup of food three to four times a day, plus a healthy snack. Now you can start to chop up soft food into small pieces instead of mashing it. Your baby may even start to eat food with their fingers. Continue to breastfeed whenever your baby is hungry.
- Each meal needs to be both easy for your baby to eat and packed with nutrition. Make every bite count.
- Foods need to be rich in energy and nutrients. In addition to grains and potatoes, be sure your baby has vegetables and fruits, legumes and seeds, a little energy-rich oil or fat, and – especially – animal foods (dairy, eggs, meat, fish and poultry) every day. Eating a variety of foods every day gives your baby the best chance of getting all the nutrients they need.
- If your baby refuses a new food or spits it out, don't force it. Try again a few days later. You can also try mixing it with another food that your baby likes or squeezing a little breastmilk on top.

Weaning Food chart - From 6th month

Step-by-Step Weaning Plan

1. Start with Liquid Diets (6–7 Months)

Begin with easily digestible liquids that mimic the consistency of milk.

- Examples:
 - Rice water
 - Lentil soup (moong dal)
 - Clear vegetable soups
 - Fresh fruit juices (avoid adding sugar)

Precautions:

- Avoid adding salt, sugar, or spices for the first year.
- Introduce 2–3 spoonfuls initially, then increase to half a bowl as the baby adjusts.

2. Transition to Semi-Solid Foods (7–8 Months)

After a few weeks, shift to semi-solid foods to provide more nutrients.

- Examples:
 - Mashed rice with lentils
 - Mashed vegetables (carrots, potatoes)
 - Fruit purees (banana, apple)

Tips:

- Gradually increase the quantity and variety to prevent monotony.
- Introduce one new food every 3–4 days to monitor for allergies.

3. Move to Solids (9–12 Months)

By the age of 9 months, semi-solids can transition into soft solids.

- Examples:
 - Khichdi (lentils and rice)
 - Small pieces of roti softened with dal
 - Finger foods like steamed vegetables

Balanced Nutrition:

At this stage, ensure the baby's diet includes proteins, carbohydrates, vitamins, and minerals.

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Weaning Food chart - From 6th month

Food List:

Soft vegetables steamed - Carrot, potato, sweet potato, beets,

Roasted Rice flour kanji

Idli Kanji, Moong dhal Rice, kichadi

Fruit juices - Oranges / melons / berries - without sugar - start with an ounce (30 ml)

Cooked carrot sticks, potato sticks - (with care)

Roasted gram flour kanji

Ragi kanji (as instructed)

Soft vegetables steamed - apples, Avacado, Banana (Yelaki)

Milk, Curd, yogurt

Puffed Rice, Flattened rice (soaked)

Rice Carrot porridge, Rice moong dhal porridge

Clear soups, carrot soup, Keerai soup, Tomato soup.

***Preferably in Breakfast**

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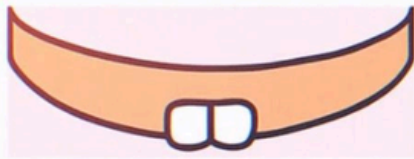
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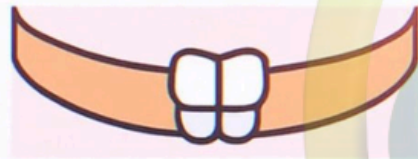
All our Nutrition & Wellness programs are formulated exclusively for individuals, dedicated following up of our guided nutrition & wellness will enhance the results.

Weaning - From 6th month

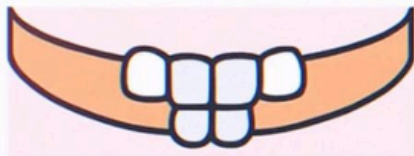
Teething Chart



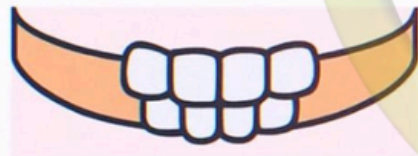
6-8 Months



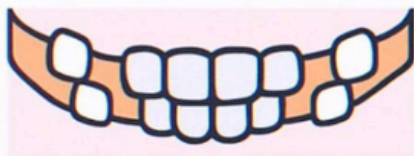
6-8 Months



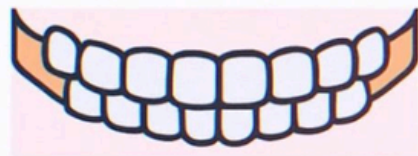
9-13 Months



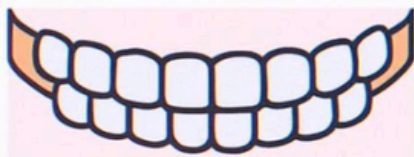
10-16 Months



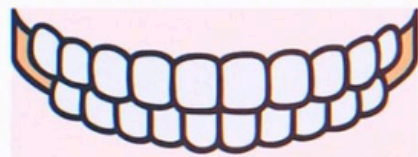
13-19 Months



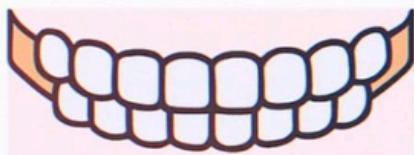
16-22 Months



17-23 Months



23-33 Months



23-33 Months



23-33 Months

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How I feed my baby

When starting solid foods

Weaning - From 6th month



**6-7
months**

Puree
(smooth
food)



**7-8
months**

Small
mashed
bits



**8-10
months**

Little
pieces

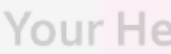


**10-12
months**

Bigger
chunks/
whole



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BANANA PUREE 4 WAYS

Banana
&
strawberry



Banana
&
avocado



Banana
&
blueberry



Banana
&
mango



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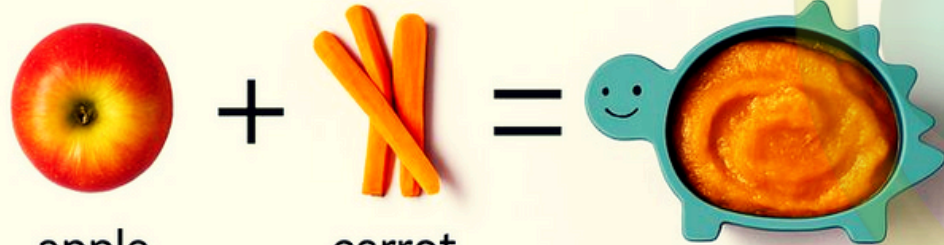
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Apple puree 4 ways



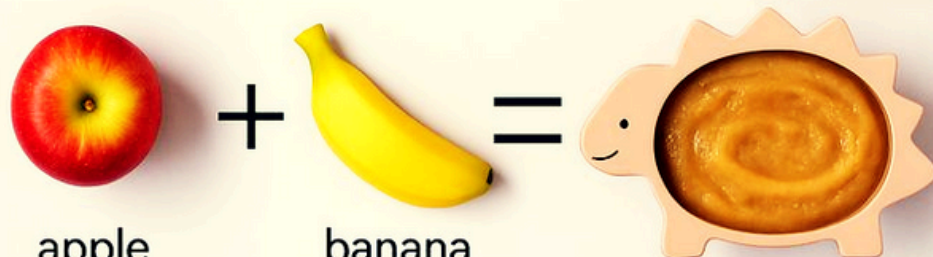
apple

carrot



apple

pear & blueberries



apple

banana



apple

sweet potato



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SWEET POTATO 4 WAYS

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Sweet
potato
&
apple



Sweet
potato
&
carrot



Sweet
potato
&
broccoli



Sweet
potato &
cauliflower





**Please contact us in
case of any doubts
Enjoy parenting....**

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**Formulated by-
Dt.Indumathi, RD**

