

## Healthy MEALS



## Healthy BABIES



FERNZ



MONO-MULTI GRAIN COMPLEMENTARY FEEDS



One of the most frequent queries from our young mothers is,

"What should we give our baby, when he/she completes 6 months?"

To answer this, we would clearly state that after completing 6 months, breast milk alone is **not sufficient** to meet the baby's nutritional needs. Hence, solid feeds that **complement** breast milk i.e., complementary feeds must be gradually introduced into the infant's diet.

Though the recommendation is always for homemade mixes, but with concerns regarding the preparation, time constraints, portion sizes etc, we advise mothers to opt for semi processed mixes. The feed should also be prepared in an utmost hygienic manner, and the proportion of grains used should be accurate for optimum protein quality and to avoid digestive problems in babies.

To make things easy for the new mothers, the dietitians and nutritionists from Fernandez Hospital **conceptualized and developed** a range of baby foods which is **least-processed**, **easy to prepare**, and meets the **nutritional requirements for each stage** of your baby's growth.

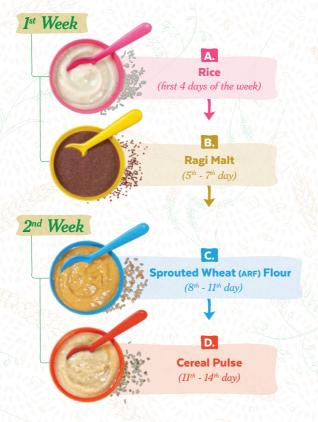
Fernz Baby Foods are made at our own kitchen, adhering to all quality parameters. All the products are in required proportion with proper ingredients and are ready to cook and feed. The foods are packed in a proper sequence to introduce to the baby.

So, welcome to a world of hassle-free feeding for your baby. Right nutrition and right proportion served with the legacy and trust of a seventy-year old name.



Your baby should be familiarised with different food ingredients, varied in texture and consistency appropriate to the growth and developmental stage. And, of course, your baby's taste buds deserve some change!

**Stage 1** helps you introduce **solid food** to your baby, without any hassle. It is as simple as starting with **A, B, C and D.** 



Remember, use a **thin** consistency when starting with solid foods. Then gradually increase to **semi-solid** consistency (see overleaf for prep videos).

Stage 1 must be continued for a period of **2 weeks to 4 weeks** to help the baby tolerate the first meals!

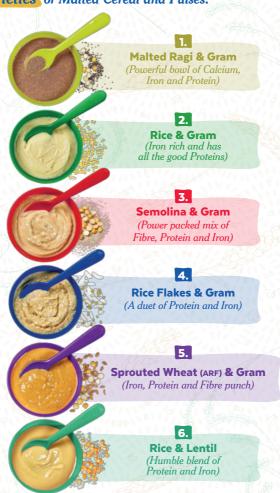
You can add mashed ripe banana, sapota and cooked and mashed potato/sweet potato for the extra boost of taste and nutrition.

Your baby is growing fast, and they need a balanced diet that is inclusive of all essential nutrients for optimal growth and development.

**Stage 2** comprises **Multigrain** feeds, a combination of **Malted Cereals** and **Pulses**, which enhances the protein quality of the baby's diet and is easily digestible. **Malted cereal flour** (ARF) is a rich source of amylase - an enzyme that supports digestion.

The combinations have been designed to provide the **perfect** proportions and a **variety** of flavours and taste! **No salt to be added to complementary feeds.** 

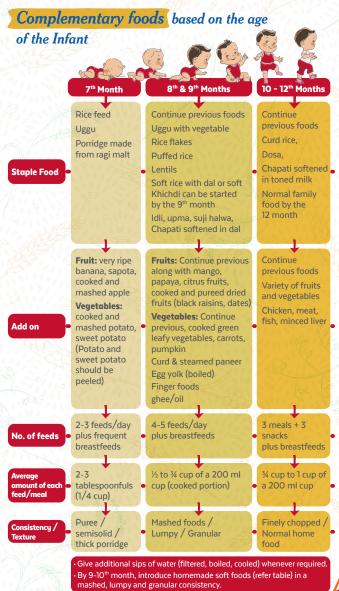
Your box of nutriliciousness contains 6 combined varieties of Malted Cereal and Pulses:



You can put on your chef hat and add in your kid's **favourite** vegetables and fruits to **enhance** the taste and **nutritional value** of the feeds.

**Stage 2 sample box** is designed with care to know your little ones preferences. Try the 6 varieties for a week and then introduce individual combinations based on your little one's taste.

**Do not worry** about the mixing up the combinations. **Refer to the table** to know the combinations at **different** stages and note that there cannot be **one** schedule for the babies. **Customize** the frequency and quantity as per your baby's requirements.





Fernz Baby Foods is now available at:

♥ All Fernz Mommy and Baby Store outlets...

Stork Home - Banjara Hills

Fernandez Hospitals -Bogulkunta, Hyderguda

Fernandez OP Clinics -Miyapur & Hyderguda

♥ All cafeterias and pharmacy counters at the above locations







## Scan the QR code for prep videos

Stage 1 prep video



Stage 2 prep video



Youtube link: https://bit.ly/FBFstage1

https://bit.ly/FBFstage2

For complaints, suggestions and feedback, write to us at: fernzfoods@fernandez.foundation



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