



*Healthy*  
**MEALS**

♥ MAKE ♥

*Healthy*  
**BABIES**



**FERNZ**  
**BABY**  
**FOODS**

**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.

We have split the feed into two stages:  
***Stage 1 & Stage 2***



## Stage

# 1

*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**.

### 1<sup>st</sup> Week



**A.**

**Rice**

(first 4 days of the week)

**B.**

**Ragi Malt**

(5<sup>th</sup> - 7<sup>th</sup> day)

### 2<sup>nd</sup> Week



**C.**

**Sprouted Wheat (ARF) Flour**

(8<sup>th</sup> - 11<sup>th</sup> day)

**D.**

**Cereal Pulse**

(11<sup>th</sup> - 14<sup>th</sup> day)

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 nutriticiousness contains **6 combined varieties** of Malted Cereal and Pulses:*

**1.**

**Malted Ragi & Gram**  
(Powerful bowl of Calcium,  
Iron and Protein)

**2.**

**Rice & Gram**  
(Iron rich and has  
all the good Proteins)

**3.**

**Semolina & Gram**  
(Power packed mix of  
Fibre, Protein and Iron)

**4.**

**Rice Flakes & Gram**  
(A duet of Protein and Iron)

**5.**

**Sprouted Wheat (ARF) & Gram**  
(Iron, Protein and Fibre punch)

**6.**




**Rice & Lentil**  
(Humble blend of  
Protein and Iron)

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.

## Complementary foods based on the age of the Infant

|                                  |  7 <sup>th</sup> Month   |  8 <sup>th</sup> & 9 <sup>th</sup> Months   |  10 - 12 <sup>th</sup> Months      |
|----------------------------------|---|--|---|
| Staple Food                      | Rice feed<br>Uggu<br>Porridge made from ragi malt   | Continue previous foods<br>Uggu with vegetable<br>Rice flakes<br>Puffed rice<br>Lentils<br>Soft rice with dal or soft Khichdi can be started by the 9 <sup>th</sup> month<br>Idli, upma, suji halwa, Chapati softened in dal   | Continue previous foods<br>Curd rice, Dosa,<br>Chapati softened in toned milk<br>Normal family food by the 12 month |
| Add on                           | <b>Fruit:</b> very ripe banana, sapota, cooked and mashed apple<br><b>Vegetables:</b> cooked and mashed potato, sweet potato (Potato and sweet potato should be peeled) | <b>Fruits:</b> Continue previous along with mango, papaya, citrus fruits, cooked and pureed dried fruits (black raisins, dates)<br><b>Vegetables:</b> Continue previous, cooked green leafy vegetables, carrots, pumpkin<br>Curd & steamed paneer<br>Egg yolk (boiled)<br>Finger foods<br>ghee/oil | Continue previous foods<br>Variety of fruits and vegetables<br>Chicken, meat, fish, minced liver                    |
| No. of feeds                     | 2-3 feeds/day plus frequent breastfeeds   | 4-5 feeds/day plus breastfeeds   | 3 meals + 3 snacks plus breastfeeds   |
| Average amount of each feed/meal | 2-3 tablespoonfuls (1/4 cup)  | ½ to ¾ cup of a 200 ml cup (cooked portion)  | ¾ cup to 1 cup of a 200 ml cup  |
| Consistency / Texture            | Puree / semisolid / thick porridge  | Mashed foods / Lumpy / Granular  | Finely chopped / Normal home food   |

- Give additional sips of water (filtered, boiled, cooled) whenever required.
- By 9-10<sup>th</sup> month, introduce homemade soft foods (refer table) in a mashed, lumpy and granular consistency.



*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***

**FERNANDEZ  
HOSPITAL**



***stork home***



Scan the QR code for prep videos

***Stage 1  
prep video***



Youtube link:

***<https://bit.ly/FBFstage1>***

***Stage 2  
prep video***



Youtube link:

***<https://bit.ly/FBFstage2>***

*For complaints, suggestions and feedback, write to us at:*

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