

Dietary Guidelines For Complementary Feeding



fernandez

Built for Birthing

After completion of 6 months, breast milk alone is not sufficient to meet the baby's requirements. Complementary feeds must be gradually introduced into the infant's diet. Do not delay the introduction of complementary feeds.



General instructions

- Include adequate food supplements to the infant's diet starting from 6 months of age in addition to continuing breastfeeding
- Introduce only one food at a time
- A single-ingredient food to be chosen and introduced at weekly intervals
- Persist with the feed started till the baby starts accepting. The baby may spit the food initially and then start accepting the feed. It may take a week or 10 days for the baby to get used to and start accepting one complementary feed
- Give very small amounts of any new food at the beginning. Begin with small quantities, gradually increasing the quantity
- Use a very thin consistency when starting solid foods and but gradually increase it to semi-solid (porridge) consistency and then move over to solids
- To provide more calories from smaller volumes, food must be thick in consistency - thick enough to stay on the spoon without running off, when the spoon is tilted
- Observe hygienic practices while preparing and feeding the complementary feeds
- Avoid using commercial feeds for the baby

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Complementary foods based on the age of the infant

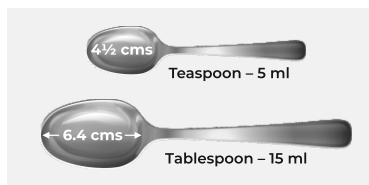
	7 th Month	8–9 Months	10–12 Months
Staple Food	Rice feed Uggu Porridge made from ragi malt	Continue previous foods; uggu with vegetable, rice flakes, puffed rice, lentils, soft rice with dal or soft khichidi can be started by 9th month. Idli, upma, suji halwa, chapati softened in dal	Continue previous foods; curd rice, dosa, chapati softened in toned milk; normal family foods by 12 months
Add-on	Fruit: Very ripe banana, sapota, cooked and mashed apple Vegetables: Cooked and mashed potato, sweet potato (Potato and sweet potato should be peeled)	Fruits: Continue previous; mango, papaya, citrus fruits, cooked and pureed dried fruits (black raisins, dates) Vegetables: Continue previous; cooked green leafy vegetables, carrots, pumpkin, curd & steamed paneer; egg yolk (boiled); finger foods; ghee/oil	Continue previous foods; variety of fruits and vegetables; chicken, meat, fish, minced liver

	7th Month	8–9 Months	10–12 Months
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 tablespoon fuls (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 / semi-solid / thick porridge	Mashed foods / lumpy / granular	Finely chopped / normal home food
	Give additional sips of water (filtered, boiled, cooled) whenever required.		

Note: There cannot be one schedule for all babies. Customise frequency and amount as per needs of the individual baby.

STANDARD MEASURING SPOONS / CUP

(Source: Dietary Guidelines for Indians, 2011, NIN, Hyd)





Preparation of Amylase Rich Food (ARF)

1. Take 250g of wheat and add 2–3 volumes of water.
2. Soak for 8 hours and drain excess water.
3. Germinate wheat in dark for 24 to 48 hours.
4. Sun dry for 5 to 8 hours and roast in a pan to remove remaining water
5. Grind, powder the grains, sieve the powder and store in air tight jar.
6. Add 1–2 teaspoons of amylase rich flour to the cooked porridges after it cools a little. The porridge should be boiled again for a few minutes after adding ARF.



Preparation of Uggu

1. 3 cups of Rice + 1 cup of Dal (Dals: Moong dal / Channa (putana) / Masoor dal / Tur dal).
2. Soak for 1 hour.
3. Dry, roast and powder.
4. Store uggu in airtight container.
5. Freshly prepare before feeding to the infant.
 - For every 1 tablespoon of uggu, use 150 ml of water
 - When preparing the feed, add uggu powder to boiling water and stir till thickened
 - Start with once a day and gradually increase the frequency and the quantity



For more information on food preparation, watch these videos:

<https://youtu.be/lxNkMH3tKp4> or

<https://youtu.be/5r5Ho-pRYLE>



Dos and don'ts in complementary feeding

Dos	Don'ts
To include sips of water.	Avoid junk and commercial foods (Bakery products, pizza, burger)
To include Amylase Rich Foods (ARF).	Avoid refined foods / tea + biscuits, sugary drinks / processed foods / tinned foods / packed juices
Give toned milk (3% fat) if required.	Avoid dilution of buffalo/formula milk
If baby is on formula milk, then follow the prescribed direction for preparation of	Avoid chocolates / sweets / chips / crisps / cool drinks / health drinks

For a detailed nutrition counseling and prescription by our team of nutritionists, call **+91 40 4022 2397** for an appointment. For any queries, please e-mail us at **nutrition@fernandez.foundation**