

When to start Weaning?

Exclusive breast feeding till 6 months. You can gradually start giving solid foods after 6 months along with breast feeding

Age	Weaning diet	Frequency	
6 Months	Nestum Rice or Cerelac Rice	Start Once daily for 1 week Twice daily for 1 week Three times daily for 1 week	Avoid solid foods after 7.00 P.M
7 Months	Rice cereal mixed with baby's usual milk. & homemade food like Ragi sari Purées of vegetables such as carrots, pumpkin, potato, sweet potato, etc. Purees of fruits, such as ripe cooked , pear, or mashed banana. Cooled Boiled water with a sipper only	Three times daily	Avoid Citrus fruits before 7 months <u>DO NOT USE FEEDING BOTTLE</u>
8 Months	Above diet and homemade soft diet eg. Idli ,Dosa , khichdi , suji upma, suji kheer, sabudaana kheer, dalia, bread. Baby breadsticks, breakfast cereals, oats Green vegetables, such as peas, cabbage, spinach or broccoli.		Do not introduce Cows milk before 1 year of age
9 Months	Softened Chappathi, lean meat (minced). Non-veg soup. Egg Yolk (yellow)		Avoid adding salt, sweeteners, artificial flavoured drinks, tea coffee and Honey.
1 Year	Family Diet		