

6TH MONTH



WHAT TO FEED

- ❖ Fruit juice should be introduced properly at this time
- ❖ Stage 2 Gerber Baby Food
- ❖ Lentils, barley, wheat
- ❖ Protein rich foods

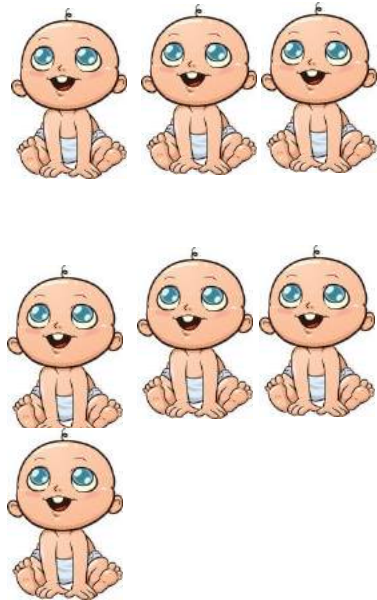
HOW MUCH A DAY

- ❖ About 4 to 6 feedings in a day will be good enough, if your infant demands more food, increase the servings
- ❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID

- ❖ Don't force your child for the food items that they reject

7TH MONTH



WHAT TO FEED

- ❖ Mashed apple & pumpkin, rice khichdi, egg yolk, oats, yogurt
- ❖ Fruits and vegetables

HOW MUCH A DAY

- ❖ 5 to 6 servings in a day
- ❖ Grains cereals twice a day with 3-4 spoons
- ❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID

- ❖ Avoid citrus fruits until your baby is 1 year old

8TH MONTH



WHAT TO FEED

- ❖ Tiny amounts of minced lean meats & finger foods
- ❖ Introduce more textured grains, table foods
- ❖ Tiny soft chunks of vegetables or fruits

HOW MUCH A DAY

- ❖ Go with your baby's demand or specific pattern he has developed regarding taking his bottle
- ❖ Introduce new foods in intervals of 3 days

WHAT TO AVOID

- ❖ Don't give honey until your baby is 1 year old