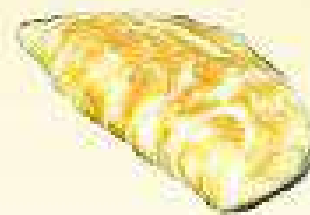
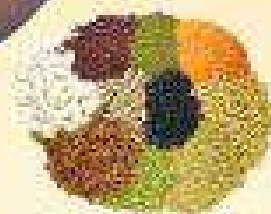


RIGHT FOOD at the RIGHT TIME

To make my baby **HEALTHY** and **BRIGHT**



Is your child receiving daily

- the number of meals recommended for the age?
- the age-appropriate quantity of food for the main meals?
- food thick enough for the age?
- nutritious food?
- healthy food?
- a variety of food?

Please check whether your child's daily diet meets the above requirements.

Please read this booklet to learn how to feed a child as appropriate for age.

The food recommendations in this booklet should be changed according to the growth status of the child. According to the growth charts, if the child is overweight, underweight or has growth faltering, special nutritional advice needs to be taken from the healthcare staff.

Formula milk should not be encouraged and introduction to be decided only by a doctor. Formula milk could have adverse long term health effects.

The feeding recommendations given in this booklet are also very important to protect your child's teeth and oral health.

Right Food at the Right Time, To Make My Baby Healthy and Bright



Proper nutrition in early childhood is a big investment towards a successful future.

You can make your baby intelligent, healthy and active by providing safe, nutritious food in correct amounts and frequency for the age.

Complementary Feeding

What are complementary foods?

- Foods that are given **in addition to breast milk**.
- These foods complement breast milk as breast milk alone is not enough for the rapidly growing and active child **after 6 months** of age.
- Complementary foods provide additional nutrients and energy needed for best possible growth, brain development and health after 6 months of age.
- While giving complementary foods at the correct time and in sufficient amounts breast milk also need to be given, as appropriate for age, together with food, for 2 years and beyond.

Please follow these instructions carefully from the very beginning to make feeding your baby easy and pleasant

A baby should be trained on feeding pattern and habits as appropriate for the age from the very beginning. If not, feeding will become increasingly difficult and problematic with age and the growth also will get affected.

Therefore start training the baby on correct feeding habits from the very first day of starting complementary food. The baby needs to become used to eating nutritious food more or less similar to adult food by one year of age. The baby needs to be gradually trained for this from the very first day.

The meals need to be changed almost daily in keeping with the age of the baby as shown in this booklet. It will encourage the baby to eat well and also helps brain development.

Preparing the baby for a meal

- When hungry, a baby will take the meals willingly. Learn the way your baby shows signs of hunger. Let the baby become hungry before the meal.
- For a baby to become hungry
 - Give the age appropriate number of meals while keeping a suitable time interval between meals.
 - Frequent snacking and frequent milk feeds will make the children feel full and not hungry enough for meals.
 - Babies get addicted to sweet and salty tastes and excessively oily food. If such food items are taken frequently or in large quantities babies will not get hungry for the age appropriate meals.
 - Keeping the baby active by playing, helping you in kitchen, household activities and gardening etc. as deemed suitable for the age will make the child become hungry.
- Have a designated place with minimum distraction for the baby to eat.
- Have a separate plate, cup and spoon for the baby.

When you feed the baby

- Train the baby to wash hands before feeding and to have the meal sitting at one place from the very beginning of starting complementary food.
Important – Wash hands before preparing baby's food and feeding the baby.



- **Do not feed the baby while walking around the house or garden or deviating the baby's attention by television, mobile phones or other screen devices.**
- Have loving eye to eye contact while feeding.
- Let the baby eat slowly while talking as suitable for the baby's age;
 - Tell a small story.
 - Point out different tastes.
 - Name different colours of food.
 - Show different food shapes.
 - Count the number of mouthfuls of food etc.



- Remember that the baby is still learning to eat. Be patient.
- Let the baby learn how to eat.
 - Let the baby also handle food while eating.
 - Let the baby pick small pieces of food and put into his/her mouth
 - Let the baby handle the spoon and cup.
- Get the baby used to regular meal times gradually.
- Whenever possible eat together as a family.
- Set an example to the baby. Avoid frequent snacking. Have a regular place to sit and eat. Avoid doing other activities during meals.

Points to note when preparing food for the baby

- Giving the same food daily may lead to food refusal.
- Try to add variety to meals without much extra effort;
 - From 6 months to 1 year of age gradually increase the consistency (particle size) of food daily.
 - When cooking try to change the taste, consistency, colour, method of cooking etc. to add variety to the meals.
 - Add variety by preparing different meals / dishes differently such as cooked with coconut milk, fried or tempered, ‘mellum’, salad etc. with less spices as suitable for the age.
 - Can give as a curry with a single food item or as a mix of several food items with different items mixed on different days.
 - Whenever time permits, try to prepare something special and nutritious at home. Can decorate the meal to make it more attractive to the baby.

- ***Do not add salt or sugar to food till 1 year of age***
- ***Commercially prepared, processed/ultra-processed complementary food/snacks/beverages are not recommended for children.***

When to start complementary feeding

Immediately on completion of 6 months

How do I start complementary feeding?



Day 01 of complementary feeding

- Prepare complementary food in a **semi solid soft form**.
- Mash rice well using a spoon.
- Mix it with some expressed breast milk to make the taste familiar to the baby.
- Give 2–3 teaspoons of this preparation (Can give more if the baby eats).



Days 2–3 of complementary feeding

- Give one or two meals a day of well mashed rice.
- Gradually increase the amount at each meal.
- Continue breastfeeding.



Days 4–6 of complementary feeding

- Start adding other food (eg: pulses such as dhal).
- One new food at a time to the rice for 2-3 days continuously before adding another new food.
- 3–4 teaspoons or more at a time, twice a day.
- A tea spoon or more of well mashed fruit after rice meal (eg: papaya, banana).
- **Continue to breastfeed.**



Days 7 – 9 of complementary feeding

- Adding an animal origin food item such as powdered dried sprats / fish /chicken early to the rice paste mix is very important.

Do you know why it is important to give animal origin foods at this age?



Wash sprats without removing the head and then air or oven dry or roast and then grind them whole to a fine texture. Store it in a bottle and add about a tea spoon, when preparing a meal.

Animal origin foods are rich in iron and help brain development, which is fastest in the first 2 years of life.

- Cook food with thick coconut milk to increase the energy content or temper with a little bit of oil or butter.
- Continue mashed fruit and breast feeding.
- Gradually increase the particle size of the rice paste day by day.

Days 10 – 15 of complementary feeding

■ With mashed rice



A pulse (e.g. dhal or green gram or gram etc.)

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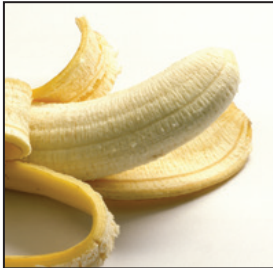
Animal origin food such as fish/chicken/meat/liver/sprats

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Pumpkin/ carrot / yellow sweet potatoes

- Cook with thick coconut milk or temper with a little bit of oil / butter
- 5–6 tea spoons at a time, twice a day.



- Also give well mashed banana / papaw or other fruit, about 1-2 teaspoons in between or after main meals.
- **Continue breastfeeding.**

Days 16 – 30 of complementary feeding

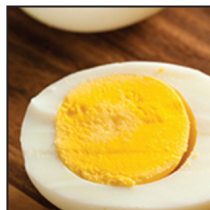
■ With half mashed rice



Dhal/ chick peas/
green gram/
cowpea



Sprats/ fish /
chicken / liver



Egg yolk /
pumpkin /
carrot



Gotukola /
drumstick leaves
(murunga
kola) / sarana/
thampala /
mukunuwenna

- Cook with thick coconut milk or temper with a little bit of oil or butter. Else, a little bit of butter or margarine can be added to the cooked food.
- Amount of food given at a time - about $\frac{1}{4}$ of a tea cup, 2-3 times a day.
- Well mashed fruit such as banana/ papaw / mango / avocado, about 1-2 tea spoons in between or after main meals.
- Continuous, gradual introduction of new foods, one at a time, is very important for better physical growth and brain development. Try giving different food items at different meals (e.g. if 'gotukola' is given for lunch, give 'sarana' for dinner).
- **Continue to breastfeed.** Breastfeeding can follow a meal. After this, sips of boiled, cooled water can be offered to the baby.

By completion of one month of complementary feeding (by completion of 7 months of age)

■ With coarsely mashed rice



Pulses (gram / green gram / soya / dhal / cowpea etc.)



Iron rich foods of animal origin (sprats / fish / chicken / liver etc.)



Vegetables, green leaves

- Cook with thick coconut milk or temper with a little bit of oil or butter. Else, butter / margarine can be added to cooked food.
- ½ tea cup at a time, 2-3 times a day.
- Give well mashed fruit, about 2-3 teaspoons at a time 1-2 times a day (after a main meal or in between main meals as a snack).
- **Continue breast feeding.** Breast feed after a main meal or a snack. After this, offer sips of boiled, cooled water.

If a breastfed baby is started on complementary food on medical advice before completing 6 months, the meal pattern given in this booklet till the completion of the seventh month will have to be started before the age indicated here and continued during the seventh month. Thereafter, from completion of the seventh month the baby's meal pattern should be the same as the age appropriate pattern as stated in the booklet.

By 7 months and one week of age

■ Main meal - Coarsely mashed rice with,



Pulses (dhal, germinated green gram, soya, gram etc.)



Iron rich animal origin food (sprats, fish, chicken, liver)



Eggs, vegetables, green leaves



Cook with thick coconut milk or temper with a little bit of oil / butter

- Half of a tea cup of food at a time, 2-3 times a day.
- Give about 4 teaspoons of well mashed fruit, after main meals or in between meals as a snack.
- 1-2 Snacks a day between main meals.

Do you know why it is important to give various types of food and different tastes during this period?

- By taking various types of food, more chance of getting different nutrients.
- This is a special period in which the child learns about various foods and different tastes.
- The child will develop the habit of eating any type of food.

By seven months and two weeks of age

- **Main meals** - A variety of coarsely chopped food. Give a variety of vegetables.



- Half a tea cup of food at a time, 2-3 times a day.



- Give about 4 -5 teaspoons scraped fruit after main meals.
- **Continue to breastfeed.**
- **Snacks** - 1-2 times a day between main meals.
- Breastfeeding can follow a meal. After this, offer the baby some boiled, cooled water.

During meals

- Point out the different food and name them.
- Show the different colours.
- Talk about different tastes.

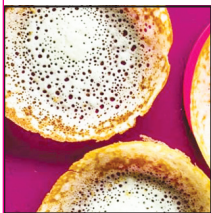
This will help learning and brain development and the baby will love meal times.

By completion of 8 months of age

- **Main meals** - A variety of foods should be given e.g. Jak, bread fruit. The texture of the main meal should be coarsely chopped.



- Give a bit more than ½ tea cup of foods at a time, 2-3 times a day. Also give scraped fruit about ¼ tea cup in between or after the main meals.
- **Snacks** – 1-2 a day. Variety of healthy and nutritious food is important.
- Now that baby is learning to self-feed, finger foods such as a small piece of hopper (soft center portion), a piece of ripe avocado or a piece of hard boiled egg can be given as a snack.
It is important that baby is not left alone with finger foods. They must be given with the caregiver helping and encouraging baby to self-feed.
- Any type of fruit can be given as a snack. Local fruit varieties are preferred.



- **Continue to breastfeed.**

By completion of 9 months of age

- **Main meals** - A **variety** of food coarsely mashed at the time of feeding should be given.



- Give a bit more than $\frac{3}{4}$ tea cup of food at a time for the main meals, 3 - 4 times a day. Also give scraped fruit about $\frac{1}{4}$ tea cup after the main meals.
- 1 - 2 nutritious snacks a day.



- **Breastfeed after meals.**
- **Try to let baby sit with family members at meal times and have meals.**

9 – 11 months of age



Variety in meals is very important. Otherwise baby does not learn to eat different types of food and may not get all nutrients needed for healthy growth and brain development. Rice and ‘curries’ can be served separately and can be mixed while feeding.

Let baby touch and pick foods and encourage self-feeding while you help him/her to eat.

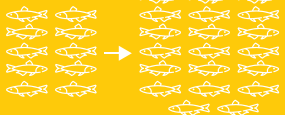


$\frac{3}{4}$ tea cups of food at a time, 3 – 4 times a day for the main meals.



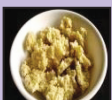
- Give finger foods.
- Give fruits after main meals.
- 1-2 nutritious snacks a day.
- **Breastfeed after meals.**

Total daily requirement of food from each category at the age of 1-5 years

Food group	Required amount for the whole day	
	1-2 years of age	2-5 years of age
Rice, milk rice, string hoppers, hoppers, thosai etc.	1 ½ to 2 cups 	2 cups or more 
Cooked pulses - dhal, gram, green gram, cowpea	3-6 table spoons 	
Different types of vegetables	6 table spoons	
Green leaves	3 table spoons	
Sprats or Fish/ chicken/meat/liver or	10-20 numbers 	20 numbers 
	2-4 pieces of match box size 	4 pieces of match box size 
	2 table spoons 	
Eggs	01 	
Fruits	Twice a day. E.g. one medium size banana,  one orange 	
Breast milk	2-3 times a day after meals	
Milk products – If not receiving any breast milk		
Curd or Yoghurt or Cheese	1 cup	1-2 cups
	1 cup	1-2 cups
	A piece the size of a box of matches	1-2 pieces the size of a box of matches

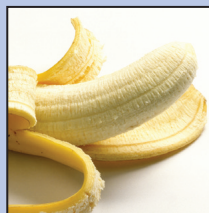
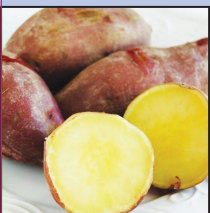
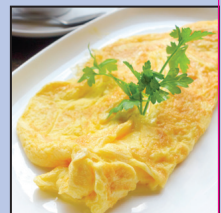
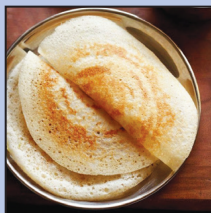
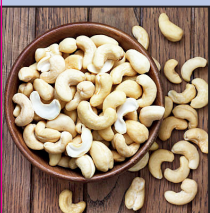
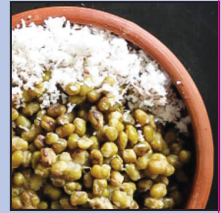
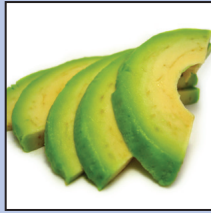
Plan your child's meal.....

Activity - Planning meals for the week: Fill in the blanks as appropriate.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 	Milk rice Fish	Chickpeas Coconut		Hoppers Dhal		Sweet potatoes Coconut sambol	
Snacks 			Yellow sweet potatoes with coconut	A piece of boiled fish			A banana
Lunch 	Rice Dhal Gotu kola Carrot		Rice Chicken Sarana Drumsticks		Rice Liver Spinach Brinjal		Rice Fish Ridge-gourd Drumstick leaves
Snacks 	Potatoes with coconut or butter	Avocado		Egg	Mango	Vadai	Guava
Dinner 	Coconut roti Egg Vegetable salad	String hoppers Kiri-hodhi Fish		Thosai Coconut Sambol Fish		Noodles Dhal Chicken	

What are the suitable Snacks?

Snacks are nutritious foods, taken in small amounts,



Why are snacks needed?

These give extra energy and nutrients in a small amount of food in between two main meals.



In between the main meals give a small nutritious snack.

E.g. a piece of boiled egg / small piece of boiled potato with a bit of scraped coconut / butter.

1-2 snacks a day depending on baby's hunger cues. Choose snacks to suit the baby's growth status.

When giving nuts or hard pieces of food, mash or crush them and give under adult supervision.



Eggs are a highly nutritious food for children.

After 1½ to 2 weeks of starting complementary food, feed a little bit of boiled egg yolk first. The boiled egg white can be started about one week later. Eggs are a less expensive source of nutritious food and could even be given daily. Eggs can also be given as snacks.

These snack recommendations for children are also important for their oral health.

What are the other important messages related to nutrition and growth of the baby?

1. Feeding during illness

Correct practices of feeding during illness and afterwards will help early recovery and maintain growth and development.

Feed an ill child very patiently. Feed small amounts frequently.

Offer nutritious foods that the child likes. Offer a variety of nutrient-rich foods (E.g. - eggs, fish, chicken).

Add oil, thick coconut milk as usual. Continue to breast feed. Manage/control symptoms such as fever, before offering food, as a feverish child will refuse food.

During recovery - Give an extra meal and extra breastfeeds + extra amount per meal for about 2 weeks after recovery from illness. Use extra rich foods (nutritionally). Continue to feed with extra patience and love.



2. Assessing Growth

It is important to check baby's growth regularly and have it marked in the CHDR.

Weight every month and length at least at 1, 4, 9, 12, 18 months.

Weighing the child every month until the 2nd birthday is very important.

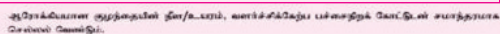
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എന്നിങ്ങനെ നയങ്ങൾ പ്രകാരം പ്രകാരമുള്ള
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(WHO Child Growth Standards)



Read the yellow pages in the CHDR and ask your Public Health Midwife or doctor to explain anything you do not understand or want to know more about.





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