# 6 months baby food chart - Swasthi's Recipes

<table>
<thead>
<tr>
<th>Days</th>
<th>Wakeup time (Morning)</th>
<th>Breastfeed / Formula milk</th>
<th>Mid-morning</th>
<th>Lunch</th>
<th>Nap (Evening)</th>
<th>Sleep (Night)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td>2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td>1 to 2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td>1 to 2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td>1 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td>1 to 2 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>2 to 3 tsp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Color Code:**
- Yellow: Banana puree
- Green: Apple puree
- Orange: Carrot puree
- Brown: Potato puree

**Fruits:** Papaya / Avocado / Pear / Chikoo

**Vegetables:** Pumpkin / Sweet potato / Raw banana

**Notes:**
- Ensure gap between each feed is about 1.5 to 2 hours
- Introduce new foods in the mornings.
- Choose 1 fruit and 1 veggie in a day.
- Feed a single fruit or single vegetable during one feed.
- Use boiled and cooled water to thin down the fruit or veggie puree.
- Avoid mixing milk with fruits & veggies as it increases colic.
- Avoid introducing new foods in the noon.
- Do not mix 2 fruits or 2 veggies. Avoid mixing fruit with veggie.

**More Recipes**
[https://Indianhealthyrecipes.com](https://Indianhealthyrecipes.com)
When to introduce food to baby

Veggies
- Carrot
- Pumpkin

Fruits
- Banana
- Apple
- Chickoo (sapota)
- Pear
- Papaya
- Ripe avocado
- Pomegranate juice

Lentils / dal
- Moong dal
- Toor dal
- Urad dal

Grains
- Baby oats or organic oats
- Organic white rice
- Finger millet / ragi

Dairy
- Ghee
- Paneer
- Yogurt

Egg

Age 6-8

Veggies
- Potato
- Bottle gourd
- Sweet potato
- Ridge gourd
- Raw banana / plaintain

Fruits
- Oranges
- Kiwi
- Persimmon
- Water melon
- Musk melon

Grains
- Whole wheat
- Organic brown basmati rice
- Jowar
- Barley

Dairy
- Buffalo Milk for kheer,
  payasam, cereals

Age 8-10

Veggies
- Yam – elephant yam / suran
- Tomatoes
- Bell peppers
- Drumstick

Fruits
- Mangoes
- Strawberries
- Grapes
- Blue berries

Grains
- Chana – chickpeas
- Green gram / moong chilka

Dairy
- Buffalo Milk for kheer,
  payasam, cereals

Age 10-12

Veggies
- Yam – elephant yam / suran
- Tomatoes
- Bell peppers
- Drumstick

Fruits
- Mangoes
- Strawberries
- Grapes
- Blue berries

Grains
- Chana – chickpeas
- Green gram / moong chilka

Meat
- Chicken
- Fish

For complete details visit http://indianhealthyrecipes.com/