



6 months baby food chart - Swasthi's Recipes

Days	Wakeup time (Morning)	Breakfast	Mid-morning	Lunch	Nap	After nap (Evening)	Sleep (Night)	
	Ensure gap between each feed is about 1.30 to 2 hours							
1	Breastfeed / Formula milk	1 tsp	Breastfeed / Formula milk		ZZ..ZZZZZ..ZZZZZ..ZZZZZ.....	Breastfeed / Formula milk	ZZ..ZZZZZ..ZZZZZ..ZZZZZ.....	
2		1 tsp						
3		2 tsp						
4		2 to 3 tsp						
5		1 tsp						1 tsp
6		1 tsp						1 tsp
7		2 tsp						2 tsp
8		2 to 3 tsp						2 to 3 tsp
9		1 tsp						1 tsp
10		1 to 2 tsp						1 tsp
11		2 to 3 tsp						2 tsp
12		2 to 3 tsp						2 to 3 tsp
13		1 tsp						1 tsp
14		1 tsp						1 to 2 tsp
15		2 tsp						2 to 3 tsp
16		2 tsp						2 to 3 tsp
17		1 tsp						1 tsp
18		1 to 2 tsp						1 tsp
19		2 to 3 tsp						2 tsp
20		2 to 3 tsp						2 tsp
21		1 tsp						1 tsp
22		1 to 2 tsp						1 to 2 tsp
23		2 to 3 tsp						2 to 3 tsp
24		2 to 3 tsp						2 to 3 tsp
25		1 to 2 tsp						1 tsp
26		2 to 3 tsp						1 to 2 tsp
27		2 to 3 tsp						2 to 3 tsp
28		2 to 3 tsp						2 to 3 tsp

Color Code :

	Banana puree		Carrot puree
	Apple puree		Potato puree

Fruits : Papaya / Avocado / Pear / Chikoo
OR
 Vegetables : Pumpkin / sweet potato / raw banana

Notes : Ensure gap between each feed is about 1.30 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

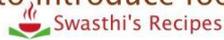
Do not mix 2 fruits or 2 veggies. Avoid mixing fruit with veggie.

More Recipes



<https://indianhealthyrecipes.com>

When to introduce food to baby



Age 6-8

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 8-10

Veggies
Potato
Bottle gourd
Sweet potato
Ridge gourd
Raw banana / plantain
Cucumbers
Cauliflower
Broccoli
Beetroot
Leafy greens
Methi
palak

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 10-12

Veggies
Yam – elephant yam / suran
Tomatoes
Bell peppers
Drumstick

Fruits
Mangoes
Strawberries
Grapes
Blue berries

Lentils / dal
Chana – chickpeas
Green gram / moong chilka

Meat
Chicken
Fish

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