



WEANING FOODS IN 1ST YEAR OF LIFE
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GENERAL GUIDELINES:

1. Continue breastfeeding till 2 years of age.
2. If bottle-fed, be careful about preventing aerophagia and ear infections.
3. Keep all preparing and feeding utensils clean.
4. Wash hands thoroughly while preparing and feeding.
5. Make the feed semisolid – it should be thick but pourable.
6. Start with **one** semisolid feed in a day and introduce another new feed after every 7-10 days.
7. Start with a few spoons of the feed and gradually increase to a full small bowl of feed (approximately 150 ml) per feed.
8. About 4 cereal feeds per day at the end of the 7th month, and about 6 cereal feeds per day at the end of 9th months is a general guideline.
9. Feed 2 -3 teaspoons of water after every 2-3 spoons of semisolid.
10. Burp your child half way if required and again at the end of the meal.
11. Feed your child in a propped up ideally in a feeding chair.
12. Keep your child in this same position for at least one hour after the feed.
13. **There is NO adequate reliable scientific evidence to say that salt needs to be omitted in homemade weaning foods**
14. **There is NO adequate reliable scientific evidence to support the concept of “baby-lead weaning” and in fact may increase the risk of choking in infants.**



SAMPLE SCHEDULES: (RECIPES OF HOME-MADE FOODS ARE ON PAGE 4 ONWARD)

6 MONTHS	BREASTFEEDS / FORMULA FEEDS +
8 am	Soft fruits – banana / papaya / muskmelon – pureed – about 50-75 ml
10 am	Porridge of rice if not completed 6 months Or Porridge of pounded wheat / semolina / home-made multigrain mix if completed 6 months Or Readymade cereal – rice-based if not completed 6 months, rice- or wheat-based if completed 6 months
1 pm	Indian - Gruel of rice and lentils (Khichdi) (6 months recipe) Or Readymade rice + lentils cereal below and above 6 months
4 pm	Porridge of rice if not completed 6 months Or Porridge of pounded wheat / semolina / home-made multigrain mix if completed 6 months Or Readymade cereal – rice-based if not completed 6 months, rice- or wheat-based if completed 6 months
8 pm	Indian - Gruel of rice and lentils (Khichdi) (6 months recipe) Or Readymade rice + lentils cereal below and above 6 months

8 MONTHS	BREASTFEEDS/ FORMULA FEEDS +
8am	Soft fruits – banana / papaya / muskmelon – pureed – about 100 ml
10 am	Semolina sweet/ savory porridge / home-made multigrain mix / broken wheat porridge Or Readymade wheat cereal
1 pm	Indian - Gruel of rice and lentils (Khichdi) (8 months recipe) Or Readymade rice + lentils cereal
5 pm	Semolina sweet/ savory porridge / home-made multigrain mix / broken wheat porridge Or Readymade wheat cereal
9 pm	Indian - Gruel of rice and lentils (Khichdi) (8 months recipe) Or Readymade rice + lentils cereal

10 MONTHS ONWARD		
8am	Indian	1 Idli or ½ dosa or 1 cup (150 ml) upma or pongal, pureed / hand-mashed with ½ cup (75 ml) sambhar and/or yogurt (optionally with 150 ml milk with a sippy-cup)
	International	Porridge of semolina with milk – 1 bowl (200-250 ml) Or Soft brown bread ½-1 slice + 1 whole egg + 3-4 tsp steamed vegetables pureed / hand-mashed Or 6 tblsp rice/pasta/noodles + 1 whole egg + 3-4 tsp steamed vegetables pureed / hand-mashed (optionally with 150 ml milk with a sippy-cup)
11 am	Indian	¼ roti soaked in ¾ cup (100 ml) dal / meat in gravy and 3-4 tsp vegetables, from the family's usual food, pureed / hand-mashed
	International	Wheat pasta /wheat noodles ¾ cup (100 ml) with ½ cup (75 ml) meat in gravy and 3-4 tsp vegetables, from the family's usual food, pureed / hand-mashed
2 pm	Indian	6 tblsp cooked rice + ¾ cup (100 ml) dal / meat in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together
	International	6 tblsp cooked rice / rice noodles + ¾ cup (100 ml) beans / sprouts in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together Or 6 tblsp cooked rice / rice noodles + ¾ cup (100 ml) meat in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together
5 pm		Soft fruits – banana, papaya, muskmelon – pureed – about 100 ml
6:30 pm	Indian	1 Idli or ½ dosa or 1 cup (150 ml) upma or pongal, pureed / hand-mashed with ½ cup (75 ml) sambhar and/or yogurt (optionally with 150 ml milk with a sippy-cup)
	International	Porridge of semolina with milk – 1 bowl (200-250 ml) Or Soft brown bread ½-1 slice + 1 whole egg + 3-4 tsp steamed vegetables pureed / hand-mashed Or 6 tblsp rice/pasta/noodles + 1 whole egg + 3-4 tsp steamed vegetables pureed / hand-mashed (optionally with 150 ml milk with a sippy-cup)
9:30 -10 pm	Indian	6 tblsp cooked rice + ¾ cup (100 ml) dal / meat in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together
	International	6 tblsp cooked rice / rice noodles + ¾ cup (100 ml) beans / sprouts in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together Or 6 tblsp cooked rice / rice noodles + ¾ cup (100 ml) meat in gravy + 3-4 tsp vegetables from the family's usual food – puréed / hand-mashed together

RECIPES:***RICE & LENTILS GRUEL: (KHICHDI, INDIAN) 6 MONTHS***

2 tsp rice + 2 tsp green gram (moong dal) or lentils (tur dal) + 1 pinch turmeric powder + ½ tsp chopped fresh coriander + 150 ml water (1 tea cup) – pressure cook till soft – season this with cumin seeds and asafetida fried in ¼ tsp of refined oil. Adding a pinch of salt to taste (optional). Now puree the whole preparation in the mixer. This should be adequate for 1-2 feeds. Do not feed if kept at room temperature for more than 45 minutes without use.

RICE PORRIDGE (SWEET) 6 MONTHS

Grind together 2 soaked and peeled almonds, 2 washed and cleaned raisins or dried apricot or dates. Peel one cardamom and powder it. Add all these to one cup water (150 ml), 5 tblsp cooked rice and sugar/jaggery to taste and cook for a few minutes. Blend well before feeding. Optionally, 3-5 scoops of formula milk powder may be added to it after it cools, just before feeding. Do not feed if kept at room temperature for more than 45 minutes without use.

RICE PORRIDGE (SAVORY) 6 MONTHS

Heat 1 tsp of refined oil in a frying pan and roast ¼ medium sized chopped onion till pink. Now add some cumin seeds till they splutter. Next add chopped ¼ medium sized chopped potato and 3-5 tsp of uncooked rice. Stir for 1-2 minutes over medium flame. Add 1 cup (150 ml) of water, cover the pan and cook on a low flame till it's done. Add a few drops of lemon juice and a pinch of salt (optional). Now puree in the mixer for feeding. Do not feed if kept at room temperature for more than 45 minutes without use.

SEMOLINA / POUNDED WHEAT GRUEL (SAVORY, INDIAN) 6 MONTHS

Roast 6-7 grains of split black gram (urad dal) in refined oil on medium flame until they are light brown. Add a finely chopped ¼ medium sized onion and roast till soft and pink – now keep the flame low and add 1 pinch of asafetida powder, 2-3 curry leaves and stir for 1-2 minutes. Next add 5-6 heaped tsp of semolina / pounded wheat and roast on low flame till aroma. Now add 150-200 ml water, a pinch of salt (optional) and ½ tsp chopped fresh coriander and stir continuously till desired semisolid consistency is obtained. Lower from the fire and after cooling, puree in the mixer for feeding. Do not feed if kept at room temperature for more than 45 minutes without use.

SEMOLINA / POUNDED WHEAT PORRIDGE (SWEET) 6 MONTHS

Grind together 2 soaked and peeled almonds, 2 washed and cleaned raisins or dried apricot or dates and keep aside. Peel one cardamom and powder it. Roast 5-6 tsp semolina / pounded wheat on a low flame in refined oil till aroma – add one cup (150 ml) water, sugar/jaggery, and add ground paste of dried fruits and cardamom and cook till desired consistency is obtained. After it is completely cooled, optionally add 3-5 scoops of formula milk powder and mix together well just before feeding. Do not feed if kept at room temperature for more than 45 minutes without use.

READY MADE CEREALS – CERELAC / BEBELAC ETC. 6 MONTHS ONWARD

Start with 4 scoops in 120 ml water per feed and gradually increase to 6-8 scoops in 180-240 ml water per feed by the end of 8-10 months. Do not feed if kept at room temperature for more than 30 minutes without use.

RICE & GRAM GRUEL: (KHICHDI, INDIAN) 8 MONTHS

2 tblsp rice + 2 tblsp yellow lentil (toor dal) + 1 pinch turmeric powder + ¼ tsp chopped fresh coriander + grated carrot 1 tblsp + chopped French beans or spinach leaves 1 tblsp + sprouted green gram 1 tblsp + 200 ml water (approx 1½ tea cup) + chopped ginger ¼ tsp – pressure cook till soft – add salt - season this with cumin seeds and asafetida in refined oil. Add a pinch of salt (optional). Now puree the whole preparation in the mixer. This should be adequate for 1-2 feeds. Do not feed if kept at room temperature for more than 45 minutes without use.

YELLOW LENTILS DAL (SAVORY, INDIAN) WITH ROTI

3-5 tblsp yellow lentil (toor dal) + chopped fresh coriander ½ tsp + a pinch of turmeric powder + 1 cup water + ¼ tsp ginger-garlic paste – pressure cook – add a pinch of salt (optional)– season with cumin seeds + asafetida in refined oil – puree the whole preparation in the mixer. The roti should be broken to small pieces and soaked in this for about 10 min till soft and the two can be pureed in the mixer.

RICE & CHICKEN GRUEL

Marinate about 75-100 g. boneless chicken with ginger-garlic paste, a pinch of turmeric, a pinch of salt (optional) and 2-3 tsp full cream yogurt for at least ½ hour. Add this marinade to 5-6 tblsp uncooked rice, ¼ tsp salt +200 ml water (approx 1½ tea cup) – pressure cook together till done and puree or hand-mash the gruel. This should be adequate for 1-2 feeds. Do not feed if kept at room temperature for more than 45 minutes without use